

# RAW & CURED

## BREAKFAST

8am - 11am

**Bircher Muesli & Coconut Yoghurt 6.5**

Fresh berries

**Homemade Over Night Oats 4.5**

Fresh berries

**Breakfast Basket 2.5**

Pan au Chocolate, Croissant & preserves  
(gluten, dairy)

**Organic Pumpernickel Rye Bread\* 6.5**

Seed butter, banana, blueberries  
& Dorset apple syrup  
(gluten)

**New Forest Asparagus Frittata 8.5**

Mixed bitter leaf salad  
with herbaceous herb house dressing  
(egg)

## TEAS 3.75

Limewood Blend

Earl Grey

English Breakfast

Rooibos

Green Tea

Assam Decaf

Peppermint

## COFFEES 3.75

Americano

Espresso

Latte

Cappuccino

Macchiato

Mocha

Hot Chocolate

## FRESH COLD PRESS DETOX JUICES 7.5

**The Green One**

*'for all round feel good'*

**The Red One**

*'to aid concentration'*

**The Orange One**

*'for healthy vision'*

**The Yellow One**

*'for a healthy body'*

## GYMMY CHINO 7.5

*overnight oats, berries,  
banana, coffee*

## SMOOTHIE OF THE DAY 7.5

\*Pumpernickel is made in a setting where nuts & milk are used