

## SWEET THINGS

hoxton bakehouse croissant, £4.50  
naked jam

apricot granola bar with £4.50  
hodmedod's grains & seeds

banana, tahini & £4.50  
bitter chocolate cookie

## GRAINS & SEEDS

glebe farm oat porridge, £8.50  
poached new forest strawberries,  
granola top

overnight oats & chia, £8.50  
banana, almond butter,  
salted almond, medjool date

granola & muesli £8.50  
homemade with hodmedods's  
grains & seeds

*yoghurt & milks, fresh, dry & poached fruits,  
home fermented kefir, nuts & seeds*

## HOT DRINKS £4.95

*please ask for your preferred milk*

Tregothnan teas

cortado  
latte  
cappuccino  
flat white

## SUPERFOOD LATTE £6.50

cacao & bovine collagen  
matcha  
spicy chai latte  
turmeric latte

## ADAPTOGENIC COFFEES £5.45

**Zen**  
ashwagandha coffee calming blend

**Mojo**  
cordyceps & ginseng coffee

**Flow**  
lion's mane mushroom & rhodiola

## SAVOURY

**Tomato Toast £14.50**  
hoxton sourdough, beef heart  
tomatoes, pumpkin seed whip,  
spicy pickled radishes, dukkha

**Smoked Trout Toast £14.50**  
house soda bread, Chalk Stream  
trout, crème fraiche, lemon &  
capers

**Avocado Toast £14.50**  
house soda bread, sliced avocado,  
soft hen's egg, harissa yoghurt,  
toasted garlic, watercress

**R&C Bowl £17.50**  
home ferments, soft hens' egg,  
avocado, beef heart tomatoes

## JUICES

**California Sun £9.50**  
green & red apple, lemon, ginger,  
turmeric

**Divine Roots £9.50**  
beetroot, carrot, red apple,  
lemon & ginger

**C Vision £9.50**  
carrot, orange, lime, ginger,  
turmeric

**Fountain Of Youth £9.50**  
cucumber, spinach, celery,  
lemon, mint

**Detoxifier Superwater £9.50**  
lemon, ginger, cayenne pepper,  
agave, filtered water

## SMOOTHIES

**Gymmy Chino £10.50**  
overnight oats, banana, coffee,  
maple syrup

**Heavy Metal Detox £10.50**  
spinach, dates, banana, coriander,  
apple juice, Willy's ACV

**Home Fermented Kefir £10.50**  
home fermented kefir,  
seasonal berries & radiant collagyn

add protein to any smoothie +£2.50

# RAW & CURED

If you are happy with the food and service a 13.5% gratuity is suggested, which is shared in full with the whole team involved in creating your experience. If the service wasn't top up to scratch, don't pay for it, (but do let us know what we could do better)