
Breakfast & Brunch | Served All Day

Full English Breakfast £10.50

Poached eggs, bacon, locally sourced sausages, baked beans, slow roasted cherry tomatoes, lightly toasted gluten free bread. (gf)(df)

Eggs Benedict £8.95

Dairy free hollandaise, crispy bacon, served on lightly toasted gluten free bread (gf)(df)

Eggs Royale £9.50

Dairy free hollandaise, smoked salmon & sautéed spinach, served on lightly toasted gluten free bread (gf)(df)

Extras £1.50

Poached eggs

Crispy Bacon

Avocado

Baked beans

Beetroot Hummus (df)(ve)(s)

Vegetarian Breakfast £9.00

Avocado, sautéed spinach, roasted cherry tomatoes, sweet potato, beetroot hummus, garnish. (gf)(ve)(s)

- Add poached eggs £1.50

Almond Butter Oats £6.50

Freshly prepared sprouted oats, nut milk, topped with berries and nut butter. (ve)(gf)(df)(n)

Bacon Sandwich £5.50

Crispy bacon on a lightly toasted gluten free roll, served with home-made tomato sauce. (gf)(df)

Steak and Eggs £11.00

Flat iron steak served pink, poached eggs, slow roasted cherry tomatoes, avocado oil. (gf)(df)

On Toast £7.00

Your choice of topping served on gluten free bread. (gf)(df)

- Poached Eggs

- Avocado

- Beetroot Hummus (ve)(gf)(s)

Lunch | Served 12-6pm

Small Plates**Sweet Potato Salmon Fishcakes £6.50**

Served with pickled salad, rocket & avocado oil dressing (gf)(df)

Beetroot Hummus £5.50

Served with a selection of crudités (ve)(gf)(s)

Carrot & Cashew Pate £5.50

Served on lightly toasted gluten free boule (ve)(gf)(n)

Large Plates**Flat Iron Steak £14.00**

Best served pink, dressed with chimichurri, sweet potato & kale hash, watercress salad. (gf)(df)

Honey Chicken Skewers £11.00

Perfectly charred, Served with cress, rocket, pomegranate & a tahini and mint dipping sauce (gf)(df)(s)

Pan Seared Salmon £11.20

Basil, coriander & pine nut pesto, served with vibrant greens (gf)(df)(n)

Salads**Spiced Super-Salad £8.95**

Pickled courgette, paprika roasted chickpeas, sweet potato, pomegranate, rocket & pine nuts with a lemon and maple dressing (ve)(gf)(n)

Butternut-Lentil-Ginger Salad £8.95

Roast butternut, spinach, puy lentils sautéed with ginger and chilli, rocket leaves, beetroot hummus. Avocado oil (ve)(gf)(s)

+ Honey chicken £1.50

+ Avocado £1.50

+ Salmon fillet £3.00

Something Sweet | Baked Daily

Vegan Blueberry Cheesecake £5.95

Served with fresh blueberries and mint (gf)(df)(n)

Carrot Cinammon Bake £5.95

Drizzled in date syrup & served with coconut cream (gf)(df)(n)

Brownie with Coconut Cream £5.95

Served warm with coconut cream & date syrup (ve)(gf)(n)

Ice Cream £4.50

Booja Booja dairy free ice cream - ask your server for today's flavours (ve)(gf)(n)

Banana Bread £3.95

Gluten free banana loaf (ve)(gf)(n)

Protein Pancakes £5.95

Fluffy, American style pancakes topped with maple syrup, fresh berries and coconut whip (ve)(gf)(n)

Hot Drinks

Prepared with your choice of oat, almond, cashew or coconut milk.

Speciality Coffee		Tea	£2.40
Espresso	£2.20	English Breakfast	
Cortado	£2.40	Earl Grey	
Americano	£2.60	Green Tea	
Flat White	£2.90	Peppermint Tea	
Cappuccino	£3.00	Summer Berry Tea	
Latte	£3.10		
Mocha	£3.30	<i>(Decaff available)</i>	
3 Squared Signature	£3.30	Hot Tonics	£1.75
Turmeric Latte		Fresh Mint	
Beetroot Latte		Honey and Lemon	
Hot Chocolate			

Cold Drinks

Signature Smoothies	Soft Drinks
Detox Avocado, spinach, apple, coconut milk (ve)	Still water £1.50
Coco-berry Fresh berries, cocoa powder, banana, coconut milk (ve)	Sparkling water £1.50
Golden Milk Banana, carrot, cinnamon, turmeric, oat milk (ve)	Coconut Water £2.50
Serotonin Strawberry, banana, oat milk (ve)	Sparkling Presse £2.50
Power Cashew butter, banana, date, cashew milk (ve)(n)	Super Blue Smoothie
All £4.00	Super Green Smoothie
	Super Red Smoothie
	Fresh Orange Juice
	Fresh Apple Juice All £3.50

Virgin Cocktails

English Garden Elderflower, cucumber, apple, lime, agave nectar, seedlip	Berry Inspired Fresh berries, lemon juice, agave nectar, soda	Spring Promise Basil, fresh lemon, agave nectar, soda water
Passion Fruit Mojito Passion fruit, mint, soda, agave nectar	Pink Potion Raspberry, cucumber, lime, agave nectar, soda	Seedlip & Tonic Botanical distillate, tonic & lime
		All £5.95

(ve) vegan, (v) vegetarian, (s) contains sesame, (n) contains nuts, (gf) gluten free, (df) dairy free. **Our entire menu is gluten, wheat, dairy, soya, & refined sugar free.** Menu items may contain or come into contact with **Nuts, Sesame, Eggs, Fish, Sulphites, mustard and celeriac.** For more information, please speak with a manager.