



FARM GIRL

HERSHESONS

BREAKY BOWLS

House Granola 9.00 GF

a nutty blend of oats, elderflower & orange zest served with natural yoghurt & seasonal fresh fruit
+ coconut yoghurt instead 2.50

Lily Oats 12.00 GF DF

oats soaked with matcha, spirulina, sesame & almond milk topped with candied nuts & seasonal fruit
+ coconut yoghurt 2.50

Acai Bowl 12.00 GF V

organic Amazonian berries with banana & almond milk sprinkled with our seasonal toppings
+ granola 2.50 + almond butter 2.50

Dragon Bowl 12.00 GF V

banana, pitaya & almond milk sprinkled with hemp seeds & our seasonal toppings
+ granola 2.50 + almond butter 2.50

Daisy Bowl 12.00 GF V

frozen mango, coconut, banana, pistachios, turmeric vanilla & coconut milk sprinkled with our seasonal toppings
+ granola 2.50 + almond butter 2.50

TOAST

Toast 7.00 DF

with ghee butter & minty rhubarb spread

Almond & Banana Toast 10.00 V

almond butter, banana, blueberries, date syrup & cacao nibs on sourdough

Avocado Toast 10.00 V

lime juice, olive oil & coriander topped with strawberries
+ gluten free bread + a poached egg 2.50

EXTRAS

available all day

coconut bacon, poached eggs, sweet potato toast
gluten free toast, tomatoes, cashew cream, labneh
avocadokimchi, sauerkraut, feta all 3.00
smoked salmon 6.00

LUNCH PLATES

Coconut BLT Sandwich 12.00 V

coconut bacon, sliced beef tomatoes, guacamole, lettuce & homemade cashew cream on toasted sourdough

Chicken Sandwich 12.00 DF

chicken breast, sliced beef tomatoes, rocket & guacamole with a watercress & mustard cream on toasted sourdough

Jack Tacos 15.00 GF V

jackfruit, homemade BBQ sauce, guacamole, egg free mayo lettuce & Chinese cabbage on soft corn tortillas

LUNCH BOWLS

Aloha Bowl 12.00 GF V

buckwheat noodles, marinated cucumbers, fermented plums jackfruit, mangetout, pineapple, sesame seeds & a mango dressing

Billy Bowl 14.00 GF

rocket, wild rice, goats cheese, asparagus, orange, chicken breast, chilli cashews with a watercress & mustard cream

River Bowl 16.00 DF GF

flaked salmon, toasted tamari seeds, spinach, roasted corn heritage tomatoes, sauerkraut, avocado & a citrus dressing

SMOOTHIES

all 7.50

Maca Man V GF

cashew milk, cacao, maca, banana, Form protein powder, shot of espresso & almond butter

Sweet 16 V GF

coconut milk, aloe vera, brazil nuts, collagen powder strawberries, lemon

The DL V

CBD oil, chamomile, Amazonian acai, oat milk, vanilla, blueberries & coconut yoghurt

PLEASE ADVISE US OF ANY ALLERGIES
ALL DISHES MAY CONTAIN TRACES OF NUTS

Due to the nature of our kitchen we cannot guarantee the absence of allergens in our dishes.

DF = dairy free GF = gluten free V = vegan

COFFEE

Espresso 3.00

Single Origin Espresso 3.00

Long Black 3.00

Macchiato | Piccolo 3.50

Flat White 4.00

Cappuccino 4.00

Latte 4.00

Rose Latte 5.00

double shot with rose water infused milk & petals

Lavender Latte 5.00

double shot with lavender water infused milk & petals

Coco Long Black 4.50

double shot with MCT oil

V60 5.00/8.00

ask our barista for the single origin of the month

TEA

Peppermint 3.00

Lemon, Honey & Ginger 3.00

Earl Grey 3.00

English Breakfast 3.00

Green 3.00

Liquid Gold 4.50

turmeric, ginger root, honey, black pepper & lime

JUICE

Cold Pressed Benjamin 250ml 5.50

lime, pineapple, cucumber & spinach

Cold Pressed Mr. Tod 250ml 5.50

beetroot, apple & orange

Cold Pressed Peter 250ml 5.50

carrot, orange & ginger

Bolt Shot 50ml 4.00

turmeric, lemon & ginger

SUPER LATTES

Hot Choc 4.50

cacao & date syrup

Happy Hot Choc 6.00

cacao, date syrup, peppermint, matcha, CBD & hazelnut milk

Chai Latte 5.00

home brewed with cinnamon & date syrup

Latte Black 5.00

activated charcoal, date syrup & cashew milk

Liquid Gold Latte 5.00

turmeric, ginger root, honey & black pepper + coconut milk 50p

Matcha Latte 5.00

organic Japanese green tea powder

Butterfly Matcha 5.50

organic blue matcha latte & almond milk

Rose Matcha 5.50

Japanese green tea powder infused with rose water

BOTTLED

Belu Bottled Water 2.50

still | sparkling

Remedy Kombucha 3.60

original | raspberry lemonade

Orange Juice 4.50

Jax Coconut Water 4.00

100% pure coconut water

EXTRAS

Extra Shot 50p

Decaf 50p

CBD Oil 5.00

Ghee 2.00

MCT Oil 2.00

Have It Iced 20p

Oatly Milk 50p

Rude Health Milk 50p

almond, coconut, hazelnut

cashew, brown rice

A discretionary 12.5% service charge is added on the bill.

COCKTAILS

Kombucha Rose 10.00

vodka, non ABV spirit, original kombucha & lemon juice

CBD Julep 16.00

woodford reserve, peppermint syrup, CBD oil, ginger and lemon kombucha

Midnight Shine 9.00

mount gay dark rum, pineapple juice, lime juice, charcoal powder

WINE

You may be asked for ID

SWEETS & PASTRIES

Vegan Donuts 5.00

Energy Balls 4.00

Vegan Cheesecake Jars 8.00

Raw Bounty Bars 6.00

Raw Snickers Bars 6.00

CBD Brownies 6.00

Coloured Pastries 5.00

Croissant 3.50

Pain Au Chocolat 3.50

Almond Croissant 4.50

FG TRUST

By adding just £1 to your bill you can help some of the small charities we work with. This is a non-profit fundraiser & completely optional. Please ask our staff for more information.