



FARM

GIRL

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 3.00

Lily Oats 12.00 GF DF

oats soaked with matcha, spirulina, sesame & almond
milk topped with candied nuts & seasonal fruit
+ coconut yoghurt 3.00

Acai Bowl 12.00 GF V

organic Amazonian berries with banana &
almond milk sprinkled with our seasonal toppings
+ granola 3.00 + almond butter 3.00

Dragon Bowl 12.00 GF V

banana, pitaya & almond milk sprinkled with
hemp seeds & our seasonal toppings
+ granola 3.00 + almond butter 3.00

Daisy Bowl 12.00 GF V

frozen mango, coconut, banana, pistachios, turmeric
vanilla & coconut milk sprinkled with
our seasonal toppings
+ granola 3.00 + almond butter 3.00

TOAST

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 3.00 + a poached egg 3.00

LUNCH PLATES

Coconut BLT Sandwich 6.50 | 12.00 V

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

Chicken Sandwich 6.50 | 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, BBQ jackfruit, mangelout, 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
corn, heritage tomatoes, sauerkraut, avocado & a
citrus dressing

EXTRAS

available all day

coconut bacon, poached egg, toasted sweet potato
gluten free toast, tomatoes, cashew cream
avocado, kimchi, sauerkraut, feta, labneh all 3.00
smoked salmon 6.00

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

A discretionary 12.5% service charge is added on the bill

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

JUICES

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

Orange Juice 4.50

Fresh Celery Juice 4.50

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

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

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

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

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

WINE

Harvey Nichols

125ml | 750ml

Champagne Brut NV 11.50 | 65.00
France

Sauvignon Blanc 5.50 | 27.00
Bordeaux, France, 2018

Chardonnay 12.00 | 48.00
Aconcagua, Chile, 2016

Plan de Dieu Cotes du Rhone Village 9.00 | 39.00
Plan de Dieu, Rhone, France, 2016

Pinot Noir 12.50 | 52.00
Marlborough, New Zealand, 2016

SNACKS

Chilli Cashews 3.00 V

Toasted Tamari Seeds 3.00 V

Gauc & Corn Chips 6.00 GF V

Energy Ball 3.50
Vanilla | Cacao | Rose

SWEETS & PASTRIES

Matilde's Donut 5.00 V GF

Raw Cheesecake Jar 6.00 V GF

Strawberry & Lime | Lemon & Ginger

CBD Truffle Box 3.00 V GF

Coloured Croissant 5.00

Raspberry | Pistachio | Strawberry

Plain Croissant 2.50

Almond Croissant 4.50

Matcha Cookie 4.00

Coconut, Lime & Banana Loaf 4.00 V GF

Carrot Cake 4.00

Chocolate Cake 4.00 V

Bounty Bar 3.50 V GF

Snickers Bar 3.50 V GF

CBD Brownie 3.50 V GF

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

BOTTLED

Remedy Kombucha 3.60
original | apple crisp | cherry plum | raspberry lemonade

Jax Coconut Water 4.00
100% pure coconut water

Karma Cola Soft Drink 3.00
lemonade | cola

FG TRUST

By adding just 1.00 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

You may be asked for ID