

Alkaline Kitchen

HELLO THERE! EVERYTHING ON OUR MENU IS MADE FROM SCRATCH SO PLEASE BEAR WITH US DURING BUSY TIMES

SMALLER PLATES

JACKET OR SWEET POTATO

FILLED WITH OUR SIGNATURE CASHEW CHEESE AND SERVED WITH AN ALKALINE SIDE SALAD 8

ALKALINE SALAD

A BASE OF SPINACH AND KALE, LAYERED WITH GRATED CARROT AND BEETROOT, COURGETTE NOODLES WITH BAKED FALAFELS AND YOUR FAVOURITE ALKALINE KITCHEN DIPS 8

ROAST RED PEPPER PATE

A WALNUT, ROAST PEPPER AND SUNDRIED TOMATO PATE SERVED WITH VEGGIES AND GUACAMOLE COVERED BREAD AND TWO FALAFELS 7.50

SMOKED CHEESE AND HEALTHY PICKLE TOASTIE

CASHEW SMOKED CHEESE WITH OUR OWN HEALTHY 'BRANSTON' PICKLE AND SPINACH IN TOASTED SOURDOUGH BREAD SERVED WITH SALAD 9

TOMATO MISO OPEN SANDWICH

LIGHTLY TOASTED SOURDOUGH TOPPED WITH A ROSEMARY CASHEW CHEESE, KIMCHI, SPINACH AND A SMOKEY MISO GLAZED TOMATOES TOPPED WITH BLACK SESAME SEEDS. SERVED WITH SALAD 9

MAINS

ALKALINE NACHOS

MARINATED BAKED QUINOA, TOPPED WITH REFRIED BEANS, CASHEW SOUR CREAM, GUACAMOLE, PINEAPPLE SALSA AND PICKLED RED CABBAGE. WITH A SMOKED CASHEW CHEESE DRIZZLE. SERVED WITH TORTILLAS (OPTIONAL) 12

CHICKPEA AND TAHINI MISO STUFFED SWEET POTATO

A BAKED SWEET POTATO FILLED WITH A MISO AND LEMON TAHINI SAUCE, TOPPED WITH MARINATED CHICKPEAS, CORIANDER, SPRING ONION AND RED PEPPER, SERVED WITH SALAD 9.50

*ALL OF OUR MEALS ARE OIL FREE, PRESERVATIVE FREE, REFINED SUGAR AND GLUTEN FREE BUT SOME ALLERGENS MAY BE PRESENT IN THE KITCHEN SO PLEASE ASK FOR DETAILS.

*EXCEPTIONS - BREAD, TORTILLAS, CORN SHELLS



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MAINS

ALKALINE BURGER

BLACK BEAN AND WALNUT BURGER WITH PURPLE OIL FREE COLESLAW, GUACAMOLE, HOMEMADE GUT HEALING KIMCHI, TOPPED WITH CASHEW MOZZARELLA IN A TOASTED BRIOCHE BUN. SERVED WITH A CHICKPEA, CAULIFLOWER AND JACKFRUIT SHAWARMA SPICED SALAD WITH CASHEW SWEET CHILLI DRESSING 12

CHICKPEA OMELETTE

CHICKPEA OMELETTE STACKED WITH BRAZIL NUT CHEESE, GUACAMOLE, CHICKPEA AND CARROT CRUMBLE, TOPPED WITH CRUSHED WALNUTS AND SERVED WITH A SIDE SALAD 11

BBQ TACOS

SHREDDED CARROT IN AN ALKALINE BBQ SAUCE IN A CRISPY CORN SHELL, FILLED WITH REFRIED BEANS AND GUACAMOLE. TOPPED WITH PINEAPPLE SALSA AND PICKLED RED CABBAGE, SERVED WITH A SIDE SALAD 11

THAI BUDDHA BOWL

ORANGE TERIYAKI CHICKPEA TOFU SURROUNDED BY, PINEAPPLE 'FRIED' QUINOA, PURPLE COLESLAW, A THAI SIDE SALAD, WITH AN ALMOND AND GINGER DRESSING AND QUINOA FALAFELS TOPPED WITH MANGO CHUTNEY 12

THAI WRAP

QUINOA AND PEANUT BUTTER FALAFELS IN A SOFT WRAP WITH MANGO CHUTNEY, COLESLAW AND KIMCHI SERVED WITH A THAI SIDE SALAD, WITH AN ALMOND AND GINGER DRESSING AND PINEAPPLE QUINOA 11

DESSERTS

PINK PITAYA ACAI BOWL

A FRUITY SMOOTHIE BOWL TOPPED WITH FRUITS, SEEDS & NUTS 6.75

JOYFUL ALMOND ACAI BOWL

A CREAMY CHOCOLATEY BASE TOPPED WITH FRUITS, SEEDS & NUTS 6.75

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JUICES

4.50

VITAMIN ME

ORANGE, CARROT, GINGER, TURMERIC

IMMUNITY BOOST

STRAWBERRY, PEAR, APPLE, LEMON

DETOX GREENS

CELERY, CABBAGE, APPLE, LEMON, KIWI, SPINACH

LIVER CLEANSE

RED CABBAGE, PINEAPPLE, BEETROOT, APPLE, LIME

SMOOTHIES

4.75

JOYFUL ALMOND

ALMOND BUTTER, DATES, ALMONDS, COCOA NIBS, BANANA

CASHEW BABY

CASHEW BUTTER, DATES, CASHEWS, COCOA NIBS, BANANA

TROPICAL SUNRISE

PAPAYA, MANGO, ORANGE, BANANA, COCONUT, MAPLE, CASHEWS

PEANUT BUTTER AND JELLY

STRAWBERRIES, BANANA, PEANUT BUTTER, MAPLE, LEMON

COLLAGEN BOOSTER

BOABAB POWDER, BLUEBERRIES, BANANA, PINEAPPLE, MAPLE, LEMON

ADD A SUPERFOOD POWDER

£0.75

MACA, SPIRULINA, CHLORELLA, BOABAB, WHEATGRASS, COCOA, HEMP PROTEIN



PLEASE SEE DISPLAY FRIDGE FOR MORE CHILLED DRINKS

Alkaline Kitchen

LOOSE LEAF TEAS

JASMINE

CHAMOMILE

PEPPERMINT

WHITE TEA

LEMON & GINGER

NETTLE

MARIGOLD

BREAKFAST

EARL GREY

ALL £2.75 FOR A POT

COFFEE

AMERICANO 2.75

LATTE 2.95

ESPRESSO 2.50

FLAT WHITE 2.80

CAPPUCCINO 2.90

COCONUT & BANANA ICED LATTE 3.50

TURMERIC LATTE (DECAF) 3.50

ALL SERVED WITH EITHER OAT,
COCONUT, SOYA OR ALMOND MILK

HEALTHY HOT CHOCOLATE

RAW COCOA, ALMOND BUTTER, DATES, MAPLE SYRUP & A MILK
OF CHOICE 3.60

