



MENU

Smaller Plates

JACKET OR SWEET POTATO 9.50
Filled with our signature cashew cheese and served with an alkaline side salad

ALKALINE SALAD 9.25
A base of spinach and kale, layered with grated carrot and beetroot, courgette noodles with baked falafels and your favourite alkaline kitchen dips

CASHEW CHEESE AND HEALTHY PICKLE TOASTIE 9.95
Cashew smoked cheese with our own healthy 'branstons' pickle and spinach in toasted sourdough bread served with salad

ROAST RED PEPPER PATE 9.25
Roasted pepper and sundried tomato pate served with veggies and guacamole covered bread and two falafels

TOMATO MISO OPEN SANDWICH 9.75
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

Mains

ALKALINE NACHOS 12.50
Marinated baked quinoa, topped with refried beans, cashew sour cream, guacamole, pineapple salsa and marinated red cabbage. With a smoked cashew cheese drizzle. Served with tortilla crisps

CHICKPEA AND TAHINI MISO FILLED SWEET POTATO 10.50
A baked sweet potato filled with a miso and tahini sauce, topped with marinated chickpeas, coriander, spring onion and red pepper, served with salad

ALKALINE BURGER 12.75
Black bean and walnut burger with guacamole, purple coleslaw, kimchi, cashew mozzarella and spinach in a toasted brioche bun. Served with a chickpea and cauliflower shawarma spiced salad with cashew sweet chilli dressing

**All of our meals are oil free, refined sugar and made without gluten but some allergens may be present in the kitchen so please ask for details.*

**Exceptions - Bread, Tortillas, Corn shells, wraps. gf bread available - please ask.*

Mains

CHICKPEA OMELETTE 12.25

Chickpea pancake style omelette stacked with brazil nut cheese, guacamole, chickpea and carrot crumble, topped with crushed walnuts, served with a side salad

BBQ TACOS 12.25

Shredded carrot in an alkaline BBQ sauce in a crispy corn shell, filled with refried beans & guacamole. Topped with pineapple salsa & pickled red cabbage, served with a side salad

THAI BUDDHA BOWL 12.75

Orange teriyaki chickpea tofu surrounded by, pineapple 'fried' quinoa, purple coleslaw, a thai side salad, with an almond & ginger dressing & quinoa falafels topped with mango chutney

THAI WRAP 12.25

Quinoa & peanut butter falafels, mango chutney, purple coleslaw, spinach and kimchi in a soft wrap, served with salad, drizzled in an almond & ginger dressing & pineapple quinoa

Smoothie Bowls

ACAI BOWL 11

A classic acai berry base, topped with fruits, seeds, nuts, peanut butter & our home made granola

PINK PITAYA SMOOTHIE BOWL 11

A fruity smoothie bowl topped with fruits, seeds, nuts, peanut butter & our home made granola

JOYFUL ALMOND SMOOTHIE BOWL 11

A date, banana and cocoa base topped with fruits, seeds, nuts, peanut butter & our home made granola

ADD ONS 1

Almond Butter
Healthy 'Nutella'

Loose leaf Teas

JASMINE 3.15

CHAMOMILE

PEPPERMINT

WHITE TEA

LEMON & GINGER

NETTLE

MARIGOLD

BREAKFAST

EARL GREY

**All of our meals are oil free, refined sugar free & made without gluten but allergens may be present in the kitchen so please ask for details.*

**Exceptions - Bread, Tortillas, Corn shells, wraps.*

GF bread available - please ask.



Smoothies

JOYFUL ALMOND 5.50
Almond butter, dates,
cocoa, banana

CASHEW BABY
Cashew butter, dates,
cocoa, banana

TROPICAL SUNRISE
Papaya, pineapple, mango,
orange, banana, coconut,
maple

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

Drinks

TURMERIC LATTE (DECAF) 4.25

BEETROOT LATTE (DECAF) 4.25

HEALTHY HOT CHOCOLATE 4.75
Raw cocoa, almond butter,
dates, maple syrup

Juices

VITAMIN ME 5.50
Orange, carrot, ginger,
turmeric

DETOX GREENS
Celery, cabbage, apple,
lemon, kiwi, spinach

LIVER CLEANSE
Red cabbage, pineapple,
beetroot, apple, lime

IMMUNITY BOOST
strawberry, pear, apple,
lemon

Coffees

AMERICANO 3.35
LATTE 3.85
ESPRESSO 3.00
FLAT WHITE 3.60
CAPPUCCINO 3.85
COCONUT & BANANA ICED
LATTE 4.75

Served with oat milk as
standard but please ask if
you'd like coconut, soya
or almond milk

Please see the display
fridge for canned drinks

**Allergens may be present so please ask for details.*