

Choose any combination of Hot Foods & Salads  
 Small £3.90 Medium £4.90 Large £5.90  
 Prepared with natural ingredients & lots of care

## Hot Food

### Moussaka

Mediterranean Vegetables  
 in a Delicious Herby Sauce

### Shepherd's Pie (W.F) (V)

Mash of the day  
 covers a Lentil, Mushroom Melody

### Curry of the day (W.F) (V)

Slow cooked with Whole Spices & Coconut

### Bean Hotpot of the day (W.F) (V)

Cooked using authentic recipes –  
 cutting no corners

### Pasta bake of the day

Organic pasta  
 with a Cheesy Béchamel topping

### Organic Rice (W.F) (V)

Brown Italian short-grain

### Tofu Stir-Fry (W.F) (V)

Crisp Vegetables & Organic Roasted Tofu  
 in a Gingered Pineapple Sauce

### Sausage Rolls (V)

Puff pastry parcels  
 filled with Herby Soya Mince

### Broccoli (W.F) (V)

Blanched for less than a minute  
 so nothing is lost

### Roasted Vegetables (W.F) (V)

Seasonal mix of Herby Root Vegetables

## Salads

### Greek Salad (W.F)

Feta, Tomato, Cucumber, Olives & Red Onion  
 with Oregano Vinaigrette

### Sesame Beetroot (W.F) (V)

Raw Beetroot, Roasted Sesame Seeds &  
 Cider Vinegar

### Quinoa Taboullah (W.F) (V)

Quinoa, Roasted Sunflower Seeds, Parsley &  
 Chick-pea's in a lemon & olive oil dressing

### Basil Pasta (V)

Organic Pasta, Sundried Tomatoes, Olives &  
 Fresh Basil Dressing

### Dilled Coleslaw (W.F) (V)

Red Cabbage, Carrots, Soya Mayonnaise &  
 Fresh Dill

### Seasonal Leaf (W.F) (V)

Chard, Spinach, Rocket & Other Seasonal  
 Greens – Undressed

### Beans & Spouts (W.F) (V)

Savoy Cabbage, Bean Sprouts, Kidney Beans  
 & Tomato with a Sweet Tahini Vinaigrette

### Potato Salad (W.F) (V)

New Potatoes  
 with Soya-Mayonnaise & Gherkins

### Carrot Salad (W.F) (V)

With Roasted Pumpkin Seeds,  
 Radish & Seasonal Extras,  
 Dressed in Lemon & Olive Oil

## Fresh Juices

Small £2.20 Large £2.90

### Vitalizer

Carrot, apple and ginger

### A.B.C

Apple, beetroot and carrot

### Tonica

Cucumber, apple and fennel

### Breeze

Pear, apple, ginger and lemon

### Zinger

Orange, Carrot and ginger

### Beatnik

Carrot, beetroot, spinach and celery

### Detox

Carrot, ginger and wheatgrass + 30p

### Singles

Orange, Carrot or Apple £1.90/ £2.50

### Wheatgrass Shots 1oz - £1.30

## Smoothies

Large £3.20

Freshly blended health drinks made to order

### Breakfast Smoothie

Banana, dates, oats, milk, strawberries and cinnamon

### Sunshine

Mangos, orange and banana

### Flamingo

Raspberries, acerola cherries, pear and apple

### Berry Boost

Acai berries, strawberries, banana and apple

### Blue moon

Blueberries, banana, apple and vanilla milk

### Tropical

Mango, coconut, banana and apple

## Cakes

All Our Cakes are Vegan

### Yum's (W.F) (Sugar-free)

Almonds, Dates & Cashew Nut's

### Clusters (W.F)

Belgium Chocolate,  
 Coconut, & Rice Crispiers

### Flapjacks (W.F)

Raspberry & Coconut or  
 Hemp Seed & Apricot

### Carrot Cake

Rich & Spicy with with a lemon icing

### Chocolate Dream Cake

£2.20

### Bakewell Slice

With Sliced Almonds &  
 Strawberry Conserve

## Hot Drinks

Organic & Fair-Trade Coffee

### Americano

£1.40

### Espresso

£1.40

### Cappuccino

£1.70

### Latte

£1.80

### Mocha latte

£1.80

### Hot chocolate

£1.70

### Chai

£1.10

### Tea – black, herbals

£1.10

## Soup

### Seasonal Soups

£2.90

### Organic brown roll

30p

(W.F) = Wheat-Free; (V) = Vegan



92 Berwick Street  
 Soho London W1

Open Mon-Sat / 9am-9pm