



# THE GREENHOUSE

## FOOD MENU

### MAINS

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All served on artisan bread with a GF option available

#### HUMMUS AVOCADO - £8.95

Homemade organic hummus, avocado with cherry on the vine tomato, mixed seeds with a basil dressing on sourdough

#### TOFU SCRAMBLE - £9.50

Tofu with black salt, turmeric served on sourdough with cherry tomatoes and salad

#### WILD MUSHROOMS IN GARLIC - £8.95

Mix of mushrooms, spring onions served on sourdough drizzled with garlic oil

#### MUSHROOM À LA CRÈME - £9.95

Chestnut mushrooms and finely diced red onion, served in a thickened mustard and oat cream sauce on sourdough

#### MEDITERRANEAN MEDLEY - £8.95

Fresh vine tomatoes, diced and marinated with olive oil, capers, diced red onion and oregano, served on sourdough and topped with vegan feta

#### MEATBALL MARINARA SANDWICH - £7.95

Swedish style vegan meatballs tossed in our homemade organic tomato marinara sauce, topped with vegan cheese on ciabatta bread.

#### CANNELLINI BEANS WITH GARLIC AND OREGANO - £8.95

Organic cannellini beans with garlic, dried oregano, lemon juice, topped with vegan cheese and served on sourdough with cherry tomatoes and salad.

#### SOUP OF THE DAY - £7.50

Served with artisan bread and vegan spread GF bread available on request

#### SANDWICH OF THE WEEK - £7.95

This week's carefully crafted sandwich served on artisan bread

Ask about our seasonal specials

### BOWLS

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#### CHILL-OUT BOWL - £12.95

A bowl of balanced goodness created to help reduce stress levels and promote wellbeing. Mixed leaves, baked falafel, homemade, organic hummus, toasted chickpeas, roasted sweet potato, pomegranate seeds, pumpkin seeds and a tahini dressing (GF)

#### POWER BOWL - £12.95

A bowl of hearty goodness to improve performance by replenishing zinc and controlling blood sugar levels. Kale, lentils, roasted sweet potato, pickled beetroot, homemade, organic hummus, edamame beans. Served with walnuts and a garlic dressing (GF)

#### WELLBEING BOWL - £12.95

A bowl of comforting goodness to aid recovery for those feeling under the weather or recuperating from an illness. Enjoy a restorative bowl of mixed salad, fermented cabbage, homemade slaw, olives, and homemade, organic houmous, sprinkled with pomegranate seeds and gently drizzled in a balsamic glaze (GF)

#### ENERGY BOWL - £12.95

A bowl of nourishment designed to honour your cravings and help you feel satisfied while you fuel for the day. Cannellini beans tossed with spring onions and olive oil, baby potatoes lovingly roasted in garlic, artichokes and smashed avocado are served on a bed of leaves before being finished with mixed seeds with a sriracha mayonnaise dressing (GF)

#### SPECIAL BOWL OF THE MONTH - £14.95

Ask for our selection

### SWEET TREATS

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#### PANCAKES - £8.95

Served with berry compote, fresh berries, yoghurt, granola & maple syrup (G.F.O)

#### CHOCOLATE DRIZZLE WAFFLE - £9.95

Belgian waffle topped with vanilla ice cream and Love Raw cream filled wafers, marshmallows and melted chocolate (G.F.O)

#### FRESH CAKES

Cakes of the day - ask for our selection



# THE GREENHOUSE

## DRINKS MENU

### COFFEE

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Served with Oat Milk as standard, please enquire about our other milk alternatives

Espresso - £3.40  
Espresso Macchiato - £3.60  
Cappuccino - £4.20  
Latte - £4.20  
Black Americano - £3.80  
White Americano - £4.00  
Mocha - £4.50  
Flat White - £4.10  
Iced Coffee - £4.90  
Add Flavour Syrup for £0.60

### LOOSE LEAF TEA

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All tea served with soy milk as standard, please ask about our other milk alternatives

Loose Leaf Yorkshire Tea - £3.50  
(served in a teapot)

Loose Leaf Earl Grey Tea - £3.50  
(served in a teapot)

### TEAPIGS BIODEGRADABLE

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Super Fruit - £2.90  
Lemon & Ginger - £2.90  
Peppermint - £2.90  
Chamomile Flowers - £2.90  
Honey Bush and Rooibos - £2.90  
Chai - £2.90  
Mao Feng Green Tea - £2.90  
Decaf English Breakfast - £2.90

### OTHER DRINKS

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Hot Chocolate- £4.50  
Hot Chocolate with Whipped Cream  
and Marshmallows - £5.50  
Matcha Latte - £4.80  
Matcha Chai- £4.80  
Kombucha- £3.50  
Chai Latte - £4.80

Ask about our selection of soft drinks

### SMOOTHIES

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ROUNTON COFFEE - £6.95

Caffeine dosage in a delicious rich smoothie double shot of espresso, banana, dates, ice and coconut milk

APHRODITE - £6.95

A delicious aphrodisiac chocolate indulgence, rich with antioxidants, banana, maca, raw cacao, raw cacao nibs, dates and soy milk

ADONIS - £6.95

A delicious aphrodisiac with peanut butter - rich in heart healthy protein and antioxidants banana, peanut butter, maca, raw cacao, raw cacao nibs, dates and soy milk

SEASONAL CLASSIC - £6.95

Tropical cranberry orange smoothie - zesty and flavourful. Cranberries, koko yoghurt, orange juice, banana

GREEN GODDESS- £6.95

Mango, spinach, dates, lime and coconut milk. Mango helps to alkalise the body, a powerful taste of the summer

### KIDS MENU

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PEANUT BUTTER ON TOAST - £6.50

Toasted Sourdough, spread with nut butter and slices of banana, finished with maple syrup and a sprinkling of cinnamon

PESTO ROSSI FUSILLI PASTA - £6.50

Fusilli pasta spirals served with a tomato and cashew pesto

MINI PANCAKES - £7.95

Our classic berry pancakes but in a portion fit for a little one. Three American style mini pancakes, layered with maple syrup and topped with yoghurt, berry compote and granola

WAFFLES AND BEANS - £5.95

Two golden potato waffles served with organic beans

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

**G.F:** Gluten Free / **GFO:** Gluten Free Option



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