



THE GREENHOUSE

FOOD MENU

SMALL PLATES

CARROT LUX - £6.95

Vegan cream cheese on homemade bagel, carrot lux topped with poppy seeds, capers and dill

SOUP OF THE DAY - £4.95

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

SANDWICH OF THE WEEK -

This week's carefully crafted sandwich served on artisan bread

Ask about our seasonal specials

MAINS

All served on artisan bread with a GF option available

HUMMUS AVOCADO - £6.95

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

TOFU SCRAMBLE - £6.95

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

WILD MUSHROOMS IN GARLIC - £6.95

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

MUSHROOM À LA CRÈME - £7.95

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

MEDITERRANEAN MEDLEY - £6.95

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

BOWLS

CHILL-OUT BOWL - £9.95

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

POWER BOWL - £9.95

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

WELLBEING BOWL - £9.95

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 hummus, sprinkled with pomegranate seeds and gently drizzled in a balsamic glaze.

ENERGY BOWL - £9.95

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 and cranberry, with a sriracha mayonnaise dressing

SWEET TREATS

PANCAKES - £7.95

Served with berry compote, fresh berries, yogurt, granola & maple syrup

CHOCOLATE DRIZZLE WAFFLE - £7.95

Belgian waffle topped with vanilla ice cream and Love Raw cream filled wafers, marshmallows and melted chocolate

FRESH CAKES

Cakes of the day - ask for our selection



THE GREENHOUSE

DRINKS MENU

COFFEE

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

- Espresso - £2.50
- Espresso Macchiato - £2.70
- Cappuccino - £3.50
- Latte - £3.50
- Black Americano - £3.00
- White Americano - £3.30
- Mocha - £3.70
- Flat White - £3.20
- Iced Coffee - £3.50

LOOSE LEAF TEA

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

- Loose Leaf Yorkshire Tea - £3.20
(served in a teapot)
- Loose Leaf Earl Grey Tea - £3.20
(served in a teapot)

TEAPIGS BIODEGRADABLE

- Super Fruit - £2.70
- Lemon & Ginger - £2.70
- Peppermint - £2.70
- Chamomile Flowers - £2.70
- Honey Bush and Rooibos - £2.70
- Chai - £2.70
- Mao Feng Green Tea - £2.70
- Decaf English Breakfast - £2.70

OTHER DRINKS

- Hot Chocolate - £3.50
- Hot Chocolate with Whipped Cream and Marshmallows - £4.00
- Matcha Latte - £3.50
- Matcha Chai - £3.70
- Kombucha - £3.00
- Chai Latte - £3.70

Ask about our selection of soft drinks

SMOOTHIES

MAUDE COFFEE - £4.95
Caffine dosage in a delicious rich smoothie double shot of espresso, banana, dates, ice and coconut milk

APHRODITE - £4.95
A delicious aphrodisiac chocolate indulgence, rich with antioxidants, banana, maca, raw cacao, raw cacao nibs, dates and soy milk

ADONIS - £4.95
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 - £4.95
Tropical cranberry orange smoothie - zesty and flavourful. Cranberries, koko yogurt, orange juice, banana

GREEN GODDESS - £4.95
Mango, spinach, dates, lime and coconut milk. Mango helps to alkalise the body, a powerful taste of the summer

KIDS MENU

PEANUT BUTTER ON TOAST - £4.95
Toasted Sourdough, spread with nut butter and slices of banana, finished with maple syrup and a sprinkling of cinnamon

PESTO ROSSI FUSILLI PASTA - £4.95
Fusilli pasta spirals served with a tomato and cashew pesto

MINI PANCAKES - £5.95
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

CHUNA - £4.95
Our own homemade chickpea "tuna" mayonnaise served in a sandwich with a side of carrot batons

WAFFLES AND BEANS - £4.95
Two golden potato waffles served with organic beans

