

# — food —

## BUDDHA BOWLS

All bowls are made using organic vegetables and include a base bowl, toppings & dressings

**Base Bowl** 5.00

Lettuce, Carrot,  
Cucumber, Cabbage,  
Lentils

**+ 2 Mains** 6.50

**+ 4 Mains** 8.00

**Additional Mains** 1.00

### Meal Deal

Base Bowl + 2 mains

**+ Soup** 10.50

**+ Sandwich** 11.50

**+ Smoothie or Nutshake** 10.00

— **Health Food Bar** —

# — food —

## SOUPS & SANDWICHES

Served with freshly baked, local sourdough

Made with organic vegetables

### **Soup**

**5.50**

Homemade soup served  
with fresh sourdough

### **Sandwich**

**6.50**

Filling of choice served  
with fresh sourdough & a  
small side salad

### **Soup + 1/2 Sandwich**

**6.99**

**— Health Food Bar**

# Drinks

**TWO CHIMPS COFFEE BEANS  
WILD & FURROW OAT M\*LK**

Single Espresso	<b>2.20</b>
Double Espresso	<b>2.60</b>
Cortado	<b>2.95</b>
Flat White	<b>3.00</b>
Americano	<b>2.80</b>
Latte	<b>3.10</b>
Cappuccino	<b>3.10</b>
Baby Chino	<b>1.00</b>
Moka	<b>3.10</b>
Hot chocolate	<b>3.10</b>
Made with real choc!	
Extra Shot	<b>0.50</b>
Syrup	<b>0.50</b>

**SERVED HOT OR ICED**

**coffee**

# Drinks

## **TWO CHIMPS COFFEE**

Family run coffee roasters in Oakham  
Delivered fresh every Thursday morning

## **HOUSE COFFEE**

### **MAIL ORDER ME A WATERFALL**

Grown in the highest coffee-cultivating region in Guatemala. The high altitudes and warm winds create prime coffee conditions. Extended growing and fermentation times, allow the beans to develop more complex flavours. Beans are sourced straight from the farmers.

## **HOUSE DECAFF**

### **NEW PENGUININGS**

Single origin coffee from Columbia.  
Female-run coffee exporter,  
supporting 220 families so far  
through training and education.

**coffee**

# Drinks

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# Drinks

## OUR HOUSE M\*ILK WILD & FURROW OAT

Fresh oat drinks made on a family farm in Leicestershire!

**Eco Friendly** - Our bottles can be re-used again and again. Full bottles are exchanged for empty ones in store every Thursday.

**Tastes better** - Glass bottles don't affect the taste like some plastic containers do.

**Farm Fresh** - The oat drink is gently pasteurised at a lower temperature than most. This is so the drink retains more of its natural goodness. It can be on your table less than 24 hours after production!

**"We love the British countryside and everything wild that comes with it.**

**Producing oat drink has given us the opportunity to show people what farmers can do for the wildlife."**

**m\*ilk**

# Drinks

## TEALICIOUS

A small, family run, independent Tea Company passionate about quality loose leaf tea.

**Breakfast Blend** 2.70

**Teacaff** 2.70

Decaffeinated breakfast tea

**Chai Tea** 2.70

Traditional masala tea

**Red Bush** 2.70

100% caffeine free rooibos

"Tea is a natural product. It is a tea leaf plucked, withered, shaped, fermented (or maybe not) and dried out. But it is how this is done that makes every tea unique"

tea

# Drinks

## BIRD & BLEND TEA

Originally from Nottingham, the first two things they scribbled onto their business plan back in 2012 were 'No Waste, & Environmental responsibility!'

### **Strawberry Lemonade** **2.70**

Real strawberry chunks & zesty lemon peel

### **Dozy Girl** **2.70**

Comforting combination of lavender, chamomile and rose. Naturally caffeine-free.

### **Peppermint**

American Peppermint tea has a high, fresh, pungent character, without any earthy nettle notes

**tea**



# Drinks

## MATCHA

Matcha is traditional ground Japanese green tea, having been consumed for centuries for its green goodness.

### **Pure Japanese Matcha** 4.50

This is a classic ceremonial grade matcha

### **Mermaid Matcha** 4.50

Pure matcha with carob powder and blue pea flower, tastes just like vanilla!

### **Black Magic** 4.50

Matcha with charcoal & coconut m\*lk

tea

# Drinks

## RAW NUTSHAKES HIGH IN PROTEIN

### **Curious Cacao**

**5.50**

Cacao, Cashews, Dates,  
Tahini, Almond M\*ilk

### **Notorious Nutter**

**5.50**

Peanut Butter, Cashews,  
Dates, Almond M\*lk

**— nutshakes**

# Drinks

All fruit is bought in bulk to save on waste.

## **Green Greta**

**5.50**

Pineapple, Apple, Banana,  
Spinach, Lime, Spirulina,  
Hemp, Coconut M\*lk.

## **David Passionborough**

**5.50**

Tropical Mix, Banana,  
Turmeric, Ginger, Almond  
M\*lk

## **Sustainable Strawberry**

**5.50**

Strawberry, Beetroot,  
Maple syrup, Almond M\*lk

**smoothies**

# Drinks

## REPORTED HEALTH BENEFITS

### **Green Greta**

#### **Spirulina**

Rich in nutrients

Antioxidants

Anti-inflammatories

#### **Hemp**

Rich in Protein

Omega 3 & 6

### **David Passionborough**

#### **Turmeric**

Helps Inflammation

Fights free radicals

Improved immune system

#### **Ginger**

Settles stomach

Reduces sickness

Reduces joint pain

### **Sustainable Strawberry**

#### **Beatroot**

Source of fiber, folate,

potassium, iron &

vitamin C.

smoothies

# Drinks

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## **Turmeric Latte**

**3.75**

boosting & soothing.

Caffeine free, with a lovely rich, savoury and decadent taste.

The health benefits of turmeric tea have been celebrated for thousands of years, and it's easy to see why.

## **Beetroot Latte**

**3.75**

A pink latte is a healthy, delicious way to start the day with a caffeine-free hot drink. An amazing plant powder with high nutrition profile.

**Latte**

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