

THE GREENHOUSE MENU

ALL DAY BRUNCH

Available daily from 7:30am - 6pm

French toast, cinnamon crème fraîche	£8
Buttermilk pancakes, maple syrup, crispy streaky bacon	£10
Smashed avocado, toasted sourdough, poached eggs	£12.5
Black ham, toasted muffin, poached egg, wholegrain hollandaise	£12.5
Smoked salmon omelette, crème fraîche, chopped chives	£12.5

NAUGHTY & NICE

Available daily from 12pm - 6pm

Seasonal soup	£7
Jellied ham hock & parsley terrine, piccalilli	£8
Tomato, burrata, basil cress, apple balsamic dressing	£9
Prawn and Marie Rose sandwich (granary or white bread)	£11
Toasted pastrami, Swiss cheese, pickled gherkin sandwich, mustard (granary or white bread)	£12
Chicken BLT (granary or white bread)	£12
Spicy black bean burger, sweet potato fries	£15
Dormy sorbet and ice creams	£7
Strawberry sundae	£8
Selection of cheeses, biscuits, chutney	£10

NUTRITIONAL

Available daily from 12pm - 6pm

Cultured buttermilk, gluten free granola, blueberries	£7
Spiralized vegetable salad, lemon dressing	£8
Seaweed, asparagus, toasted sesame & soy dressing	£12
Fish of the day, steamed vegetables	£17
Avocado & raw chocolate mousse	£8
Chia seeds, date, almonds, coconut butter energy bites	£5

CAKE

Coffee & cake of the day	£7.5
Two scones, jam, cream and a tea of your choice	£9.5

TEA

£3.95 each

Our selection of tea:

Darjeeling, Earl Grey, whole camomile flowers, organic jade, sword green tea, jasmine silver needle white tea, blackcurrant and hibiscus, lemongrass and ginger, fresh mint tea, peppermint leaf

COFFEE by NESPRESSO

£3.95 each

Cafetière or Americano
Cappuccino
Espresso
Flat white
Latte
Decaffeinated

NUTRITIONAL DRINKS

Chai tea	£3.75
Sage tea	£3.75
Tumeric latte with coconut milk	£4.5
Raw vegan hot chocolate	£4.5
Kombucha	£5.5

Some of our foods contain allergens. Please speak to a member of staff for more information.

P R S S

SMOOTHIES

All £5.5

SUPER BERRY

Apple, banana, coconut water, strawberry, blueberry, coconut milk, raspberry, lime

SUPER GLOW

Apple, banana, orange, avocado, lemon, ginger, turmeric, black pepper, cayenne

SUPER GREEN

Banana, apple, cucumber, spinach, avocado, lemon, guarana, cayenne, moringa

NUT M* LKS

All £5.5

COCAO NUTM* LK

Spring water, almonds, rice, dates, vanilla bean, raw cacao, sunflower oil, Himalayan salt

ESPRESSO NUTM* LK

Spring water, almonds, rice, dates, coffee, vanilla bean, sunflower oil, Himalayan salt

SUPER SHOTS

£5.5

GINGER IMMUNITY

Orange, lemon, ginger, cayenne pepper, garlic, oregano

COLD PRESSED JUICES

All £5.5

EASY GREEN

Kale, spinach, celery, romaine, cucumber, apple, lemon

CLEAN BEET

Beetroot, apple, lemon, ginger

CLEAN CARROT

Carrot, orange, apple, ginger

DAILY CELERY

Celery, lemon

WATER

All £5.5

BLUE SPIRULINA

Water, lemon juice, agave, fytoblue powder (blue spirulina)

ACTIVATED CHARCOAL

Water, lemon, agave, lavender, activated charcoal

PROBIOTICS

Water, lemon juice, agave, strawberry, dragon fruit, probiotics