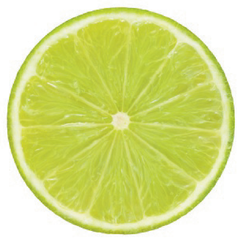

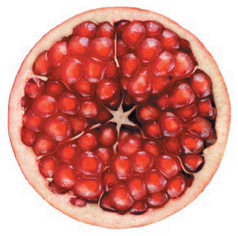

Salads

These dishes are all low-glycemic, high nutrient & full of minerals & natural medicines.

Pilar's Detox Salad - £4.00
Seasonal Dark Green leaves, sprinkled with fennel seeds & crushed chilli (to taste) with a lime & olive oil dressing

Raw Vegetable & Quinoa Salad - £4.50
A delicious super nutritious mix of shredded raw vegetables, quinoa, toasted seeds, currants, orange & parsley with a lemon & olive oil dressing.

Super Salad - £4.50
Seasonal leaves & herbs grown by Kate in our organic garden, sprinkled with toasted seeds & drizzled with our house dressing.
- Home made houmous & organic roasted veg
- Mozzarella & sun dried tomatoes

Seasonal Salad Special of the Day - £4.50
Please see the blackboard for today's options.

Vegetable Smoothies

Green Goddess - £3.50
Apple, celery & cucumber - pure vegetable nutrition made in our fabulous Vitamix. No waste, just pure nutrients.

Seasonal Vegetable Smoothie - £3.50
Organic fruit & vegetables made into a super nutritious smoothie in our wonderful vitamix. Please see our board for this week's special

The Alkaliser - £4.50
Apple, celery & cucumber or seasonal veg smoothie plus a shot of organic Alkaline powder. Reduce acidic body symptoms such as colds, flu, insomnia, migraine & many more

Hot Food

A delicious selection of contemporary vegan & vegetarian cuisine.

Fresh Soup of the Day £3.90
Served with Maskells wholemeal bread or rice cakes. Please see the blackboard for today's options. Vegan. Gluten free.

Fresh Tagine/Stew/Curry of the day £4.50
Served with Maskells wholemeal bread or rice cakes. Please see the blackboard for today's options. Vegan. Gluten free.

The Famous Umami Muffin
Our delicious savoury Umami Muffin
With chutney & salad **£3.90**
Umami Muffin on its own **£2**
Gluten free. Contains eggs & cheese.

Toasted Ciabatta / Wholemeal Toasite £3.90
Served with a salad garnish. Your choice of:
- Mozzarella & sun dried tomato
- Organic home made houmous & organic roasted veg

Cakes & Snacks

Chocolate Beetroot Brownie £1.50
Vegan. Gluten free

Date slice £2
Vegan. Gluten free

Please see the blackboard for weekly specials

Raw food & Energy Bars £1.10-£2.00

Pre-order before class for a super fast service!
We do take away too!