

FOOD



SERVED TIL 5PM.

PLEASE PLACE YOUR ORDER AT THE TILL.

SOURDOUGH TOAST (V/VO)	£2
HOME-MADE GRANOLA , YOGHURT, STRAWBERRIES + BANANA (VO - W COCONUT YOGHURT)	£5
WAFFLES WITH BANANA + STRAWBERRIES, MAPLE SYRUP (VG)	£6.50
ADD COCONUT YOGHURT	+ £1
ADD CHOICE OF ICE CREAM 2 SCOOPS	+ £2
ONION BRIOCHE ROLLS	
BACON - STREAKY BACON, BROWN SAUCE OR KETCHUP (POACHED EGG £1)	£4.50
ULTIMATE BACON - STREAKY BACON, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS	£8
ULTIMATE HALLOUMI - HALLOUMI, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS (V)	£8
ULTIMATE TOFU - SMOKED TOFU, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS (V/VO)	£8.25
ULTIMATE SALMON - SMOKED SALMON, DILL CREME FRAICHE, AVOCADO, RADISH, LEAVES, SEEDS	£8.25
POACHED EGGS ON SOURDOUGH TOAST WITH LEAVES AND SEEDS. (V)	
WITH STREAKY BACON	£9
WITH SMOKED SALMON	£10.25
WITH A MOROCCAN-SPICED TOMATO SAUCE, HARISSA YOGHURT + SOURDOUGH TOAST. (V)	£8.50
TOASTED SANDWICHES ON SOURDOUGH WITH LEAVES+SEEDS	
TUNA MELT - CHEDDAR, BASIL, RED ONION, LEMON ZEST	£8
MUSHROOM + GOAT'S CHEESE, DIJON MUSTARD, ROCKET, LEMON (V)	£8
AVOCADO - OPEN-FACE WITH HOUMOUS, MINT-TAHINI PASTE, CARROT + ROASTED ALMONDS (VG)	£8.50
HOUMOUS - OPEN-FACE WITH SPICED ROASTED CHICKPEAS, PICKLED RADISH, ROAST TOMATO, + A BASIL CASHEW COCONUT CREAM. (VG)	£8
ROAST CHICKPEA + RED PEPPER SALAD - BASIL CASHEW DRESSING, HOUMOUS TOAST. (VG)	£8.50
CARAMELIZED ONION + COUS-COUS SALAD . RAISINS, ROAST TOMATOES, TOASTED ALMONDS, MINT, BASIL CASHEW COCONUT CREAM DRESSING. (VG)	£8.50

(V - VEGETARIAN / VO - VEGAN OPTION / VG - VEGAN)



DRINKS

BEAR
+ WOLF

COFFEES

DOUBLE ESPRESSO / LONG BLACK/ DOUBLE MACCHIATO	£2
AMERICANO WITH HOT/COLD MILK	£2.25
FLAT WHITE (6oz)	£2.75
LATTE / CAPPUCCINO (8oz/12oz - ADD 25P FOR SOYA/OAT MILK)	£3/£3.50
MATCHA LATTE / CHAI LATTE / GOLDEN LATTE	£3.50
ICED AMERICANO	£2.50
ICED LATTE	£3.25
ICE-CREAM MILKSHAKES - VANILLA / BANANA / COFFEE / STRAWBERRY / CHOCOLATE (VO)	£3.50
HOT CHOCOLATE / MOCHA (12oz)	£3.50

TEAS

FRESH MINT LEAVES	£1.75
HONEY, LEMON + GINGER	£2.50
HONEY, LEMON, TURMERIC, GINGER + BLACK PEPPER	£3
BASIC TEAS - ENGLISH BREAKFAST, EARL GREY, DECAF ENGLISH BREAKFAST	£2
NEMI TEAS: CHAMOMILE, SPICY CHAI, PEPPERMINT, JASMINE GREEN TEA, ROOIBOS	£2.25

JUICES AND SMOOTHIES

POWER SHOTS:	LEMON + GINGER. (VG)	£2
	LEMON, GINGER, TURMERIC, BLACK PEPPER. (VG)	£2.50
ENERGY:	BEETROOT, APPLE, CARROT, GINGER + MINT. (VG)	£4.50
	ALL-DAY ENERGY SMOOTHIE: BANANA, DATES, OATS, MILK+YOGHURT. (VO)	£4.50
IMMUNITY:	BOOSTER: APPLE, CARROT, LEMON, GINGER, TURMERIC, BLACK PEPPER. (VG)	£5
	ORANGE, FROZEN STRAWBERRY, BANANA (VG)	£5
PROTECTIVE:	MANGO LASSI: MANGO, COCONUT WATER, BANANA, YOGHURT, AGAVE (VO)	£5
	BERRY BOOST: BERRIES, COCONUT WATER, BANANA, YOGHURT, AGAVE (VO)	£5
CLEANSING:	THE GREEN ONE: APPLE, CUCUMBER, CELERY, SPINACH, LIME + MINT. (VG)	£5
	APPLE, PEAR, CARROT, FENNEL + GINGER (VG)	£4.50

(V - VEGETARIAN/VG - VEGAN/VO - VEGAN OPTION)

NEW FOR SUMMER

SMOOTHIE BOWLS

ADULTS:

£7.50 / KIDS: £4.50

- MANGO:** BLENDED FROZEN MANGO, BANANA + COCONUT WATER, TOPPED WITH STRAWBERRIES, CHIA SEEDS, RICE KRISPIES, SUNFLOWER SEEDS + GRANOLA. (VG)
- STRAWBERRY:** BLENDED FROZEN STRAWBERRY, BANANA + ORANGE JUICE, TOPPED WITH BANANA, CHIA SEEDS, RICE KRISPIES, SUNFLOWER SEEDS + GRANOLA. (VG)
- BLUEBERRY:** BLENDED FROZEN BLUEBERRIES + STRAWBERRIES, BANANA + COCONUT WATER, TOPPED WITH BANANA, CHIA SEEDS, RICE KRISPIES, SUNFLOWER SEEDS + GRANOLA. (VG)

ICE-CREAM MILKSHAKES

(VEGAN ICE CREAM AVAILABLE)

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| VANILLA / CHOCOLATE / STRAWBERRY / BANANA (VO) | £4 |
| PEANUT BUTTER MILKSHAKE (VO) | £5 |
| CARAMEL MILKSHAKE (VO) | £5 |
| PEANUT+CHOCOLATE MILKSHAKE (VO) | £5 |
| OREO COOKIE MILKSHAKE (VO) | £5 |

KIDS

BEAR
+ WOLF

SERVED TIL 5PM.

PLEASE PLACE YOUR ORDER AT THE TILL.

SOURDOUGH TOAST. (V/VO)	£1.50
YOGHURT, GRANOLA, BANANA+STRAWBERRY (VO)	£2.50
WAFFLE WITH BANANA AND STRAWBERRY, MAPLE SYRUP (VG)	£4
ADD 1 SCOOP ICE CREAM	+ £1
BEANS ON TOAST (V/VO)	£3
EGG+SOLDIERS (V)	£3
SMASHED AVOCADO ON SOURDOUGH (V)	£4
BACON+EGG+TOAST	£4
SMOKED SALMON+EGG+TOAST	£4.50
CHEESE TOASTIE (V)	£4
PENNE WITH CHEESE SAUCE. (V)	SM £3.50 LRG £5.50
PENNE WITH HOME-MADE TOMATO SAUCE + CHEESE (V/VO)	£4

JUICES

APPLE OR ORANGE (VG)	£2.50
ORANGE+APPLE (VG)	£2.50
APPLE+CARROT (VG)	£2.50

SMOOTHIES

ORANGE+FROZEN BANANA (VG)	£3
APPLE+FROZEN MANGO. (VG)	£3
ORANGE+FROZEN STRAWBERRY. (VG)	£3
ICE-CREAM MILKSHAKE - VANILLA / BANANA / STRAWBERRY / CHOC (V)	£3