

A light-filled space where fresh ingredients and wholesome dishes complement the calm of your day.

		Starters	
Soup of the day Brioche bread croutons	8	Small Superfood Bowl Mixed grains   edamame beans   hummus kimchi   toasted seeds   pomegranate seeds	9
Garden Vegetable Broth Chilli   spring onion   radish   julienne carrot Add Kimchi 3	9	Add your favourite John Ross smoked salmon Sussex smoked chicken Beetroot falafel	7.5 6.5 6
		Mains	
Calado		Wraps	
Vegetarian Nicoise Salad Fine beans   Burford Brown eggs ratte potatoes   kalamata olives	13	<b>Vitality Chicken</b> Corn-fed chicken   pesto wild rocket   grilled courgette	15
Chicken Caesar Salad Corn-fed chicken   baby gem lettuce parmesan shaving   anchovies   croutons	18	Falafel Wrap Spiced hummus   plum tomato   cucumber spinach	14
Tricolore Salad Buffalo mozzarella   San Marzano tomato avocado	15	flathreads	4.5
Charred Sugar Snap & Feta Salad Couscous   pomegranate seeds	14	Classic Margherita San Marzano tomato sauce Fior di Latte mozzarella Add Pepperoni 3	15
preserved lemon  Large Superfood Bowl Mixed grains   edamame beans   hummus	15	<b>Grilled Vegetable</b> Grilled vegetables   kalamata olives   rocket pickled onions   tzatziki	16
kimchi   toasted seeds   pomegranate  Add your favourite	7.5	Corn-fed Chicken Basil pesto   roquito chilli peppers pumpkin seeds   mozzarella	18
John Ross smoked Salmon Sussex smoked Chicken Beetroot Falafel	7.5 6.5 6	Caramelised Onion Rosary ash goat's cheese   figs   wild rocket	14
		weet Treats	
Apple & Blueberry Tart	9	Morello Cherry & Almond Flapjack	7
Lemon & Pistachio Bundt Cake	9	Salted Caramel & Pecan Brownie	7
Raspberry Bakewell	9	Triple Chocolate Chip Cookie	6