

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

		Starters	
Soup of the day Rosemary & garlic croutons	8	Small Superfood Bowl Mixed grains edamame beans hummus kimchi toasted seeds pomegranate	9
Garden Vegetable Broth Chilli spring onion radish julienne carrot Add Kimchi 3	9	Enhance with John Ross smoked salmon Sussex smoked chicken Beetroot falafel	7.5 6.5 6
		Mains	
Calado		()raps	
Harissa Roasted Butternut Squash Spring onions spinach toasted seeds coriander tahini dressing	14	Vitality Chicken Corn-fed chicken pesto wild rocket grilled courgette	15
Roasted Pepper & Barley Feta cheese spring onions olive tapenade crispy onions	14	Falafel Wrap Spiced hummus plum tomato cucumber spinach	14
Quinoa & Kale Chickpeas red onions broccoli pommeranate molasses	15	flatbreads	
Caesar Baby gem lettuce parmesan shaving anchovies croutons	15	Classic Margherita San Marzano tomato sauce Fior di Latte mozzarella Add Pepperoni 3	15
Large Superfood Bowl Mixed grains edamame beans hummus kimchi toasted seeds pomegranate	15	Corn-fed Chicken Basil pesto roquito chilli peppers pumpkin seeds mozzarella	18
Enhance with John Ross smoked salmon	7.5	Grilled Vegetable Grilled vegetables kalamata olives rocket pickled onions tzatziki	16
Sussex smoked chicken Beetroot falafel	6.5 6	Caramelised Onion Rosary ash goat's cheese figs wild rocket	14
		weel freats	_
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