



# april

SPECIALS // PLANT POWER

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## KALE + QUINOA BREAKFAST BOWL

kale - quinoa - butternut squash - spiced chickpeas - cumin spiced yoghurt + avocado or egg

£6.50 (V) (N)

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## KING KALE BAKE

Layers of kale, brown rice + mushroom stew with a coconut 'sour cream' topping

£8.00 (V) (GF) (N)

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## KALE + SPIRULINA CAKE

£4.00 (V) (GF) (N)

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## CACAO + SPIRULINAMINT OREOS

Our minty raw green take on  
the popular cookie.

£3.00  
(V) (GF) (N)

## SPIRITUALINA smoothie

spirulina - banana -  
peppermint oil - hemp seeds -  
almond mylk

£4.50  
(V) (GF)



## *earth friendly food*

IT'S EARTH DAY ON SATURDAY APRIL 22ND SO WE THOUGHT WE WOULD FOCUS OUR EFFORTS ON ALL THINGS GREEN THIS MONTH! FOOD WISE, SPIRULINA + KALE AS WELL AS LOOKING CLOSELY AT OUR SUSTAINABILITY POLICY AND HOW WE AIM TO CONTINUALLY REDUCE OUR IMPACT ON THE ENVIRONMENT. CHECK OUR WEBSITE THROUGHOUT THE MONTH FOR BLOG POSTS AND BE SURE TO FOLLOW US ON OUR SOCIAL CHANNELS WHERE WE WILL BE POSTING AND SHARING ALL EARTH FRIENDLY RELATED MEDIA.

## *seasonal veg of the month*

### KALE

KALE IS A VERY VERSATILE AND NUTRITIOUS GREEN LEAFY VEGETABLE. CULTIVATED FOR ITS LOW FAT, NO CHOLESTEROL BUT HEALTH BENEFITING ANTIOXIDANT RICH GREENS. KALE OR BORECOLE, IS A VERY RICH SOURCE OF B-CAROTENE, LUTEIN, AND ZEAXANTHIN. THESE FLAVONOIDS HAVE POTENT ANTIOXIDANT AND ANTI-CANCER ACTIVITIES.

## *superfood of the month*

### SPIRULINA

THE MIRACLE FROM THE SEA! SPIRULINA IS A MICROALGAE THAT HAS BEEN CONSUMED FOR CENTURIES DUE TO ITS HIGH NUTRITIONAL VALUE AND HEALTH BENEFITS. MANY PEOPLE PROMOTE SPIRULINA AS A TREATMENT FOR A RANGE OF METABOLISM AND HEART HEALTH ISSUES, INCLUDING WEIGHT LOSS, DIABETES AND HIGH CHOLESTEROL, ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH (NIH). PEOPLE MAY ALSO RECOMMEND SPIRULINA AS AN AID FOR VARIOUS MENTAL AND EMOTIONAL DISORDERS, INCLUDING ANXIETY, STRESS, DEPRESSION AND ADHD.