



may

SPECIALS // OM

OM-EGA MORNING

sweet potato 'toast' - asparagus - tomatoes - avocado or egg - asparagus + basil cream - omega seeds

£6.50 (V) (GF) (N)

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ASPARASANA JACKET

sweet potato stuffed with asparagus spears + a spiced chickpea salad

£8.00 (V) (GF) (N)

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BUDDHA BELLY CRUMBLE

rhubarb, baobab + ginger crumble

£4.00 (V) (GF) (N)

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YOGI LEMONAID

cold pressed juice

rhubarb - ginger - rose - lemon -
pitaya - alkaline water - maple
syrup

£4.50
(V) (GF)

OM LOVE

smoothie

pineapple - avocado - banana
- apple - baobab - lucuma -
ginger - lemon - turmeric

£4.50
(V) (GF)



Om

OM (AUM) IS EVERYTHING. IT IS THE SOURCE. IT IS THE VIBRATION + CONSCIOUSNESS OF THE ENTIRE UNIVERSE. AS WE ARE CATERING FOR THE OM YOGA SHOW ON THE 19TH, 20TH + 21ST MAY WE DECIDED TO DEDICATE THIS MONTH TO THE WONDERFUL PRACTICE OF YOGA! WE ARE SO LUCKY TO WORK ALONGSIDE THE YOGA KULA TO BRING YOU WEEKLY YOGA CLASSES + BREAKFAST, MONTHLY YOGA MASTERCLASSES + LUNCH + WE ALSO RUN RETREATS TOGETHER THROUGHOUT THE YEAR! CHECK OUR EVENTS BOARD OR EVENTS PAGE ON OUR WEBSITE FOR THE LATEST INFO AND IT WOULD BE WONDERFUL TO HAVE YOU SUPPORT US AT THE OM YOGA SHOW TOO!

seasonal fruit + veg of the month

ASPARAGUS

1. NATURAL DIURETIC
2. FULL OF ANTI-OXIDANTS
3. IMPROVES HEART HEALTH
4. GOOD SOURCE OF FIBRE
5. ANTI-AGING

RHUBARB

1. EASES DIGESTION
2. LOWERS INFLAMMATION
3. RELIEVES SYMPTOMS OF IBS
4. FIGHTS FREE RADICALS
5. STRENGTHENS BONES

superfood of the month

BAOBAB

BAOBAB IS A FRUIT FOUND ON A TREE NATIVE TO CERTAIN TROPICAL REGIONS IN AFRICA. BAOBAB TREES PRODUCE FRUIT WITH A POWDERY PULP FOUND TO CONTAIN HIGH AMOUNTS OF VITAMIN C. OFTEN CONSUMED AS A FOOD OR ADDED TO DRINKS, BAOBAB FRUIT IS ALSO USED FOR MEDICINAL PURPOSES. THE BAOBAB FRUIT IS HIGH IN ANTIOXIDANTS WHICH CAN HELP SLOW THE AGING PROCESS AND PROTECT AGAINST MAJOR ILLNESSES LIKE HEART DISEASE AND CANCER. BAOBAB IS ALSO SAID TO PROTECT AGAINST INFLAMMATION-RELATED CONDITIONS