



september

SPECIALS // GROUNDED

COURGETTE FRITTERS

courgette fritters - poached eggs - tomato + rosemary sauce - avocado + chilli mash - alfalfa spouts

£6.95 (GF)

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ENDLESS SUMMER BOWL

Raw courgetti - artichoke + basil pesto - roasted cherry tomatoes - sliced runner beans - courgette flower - artichoke, basil and cashew cream

£8.95 (V) (GF) (N)

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RAW BLACKBERRY TART

raw blackberry 'jam' tart

£5.00 (V) (GF) (N)

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BLACKBERRY SMOOTHIE

£4.50
(V) (GF) (N)



grounded

BACK TO SCHOOL, BACK TO ROUTINE, BACK TO FOCUS, BACK TO YOU... THAT FEELING WE GET AT THE START OF A NEW SCHOOL YEAR NEVER REALLY LEAVES US DOES IT? DOES ANYONE ELSE THINK THAT SEPTEMBER FEELS MORE LIKE NEW YEAR THAN JANUARY? AFTER A SUMMER OF LETTING IT GO, FOR US, SEPTEMBER BRINGS WITH IT A CHANCE TO RE-FOCUS, REORGANISE AND RECALIBRATE WHAT WE WANT AND HOW WE WANT TO BE FOR THE COMING MONTHS. GRANTED, SEPTEMBER CAN FEEL LIKE A BIT OF AN IN-BETWEEN MONTH. THE WEATHER DOESN'T KNOW WHAT IT'S DOING. WE HAVEN'T A CLUE WHAT TO WEAR. IS IT SUMMER OR IS IT AUTUMN? IF YOU NEED HELP WITH GETTING SOME FOCUS BACK INTO YOUR LIFE, WE HAVE A SERIES OF AMAZING EVENTS COMING UP THIS MONTH AND WE HAVE SOME SERIOUSLY AMAZING NEW DISHES FOR YOU TO ENJOY TOO... AS THE SEASONS BEGIN THE CHANGE, WE'VE GOT YOUR BACK X

seasonal fruit + veg of the month

COURGETTE

COURGETTES CONTAIN VERY FEW CALORIES AND HAVE A HIGH WATER CONTENT, WHICH MAKES THEM A DIETER'S FRIEND. THEY AREN'T A POWERHOUSE OF MICRONUTRIENTS, BUT THEY DO PROVIDE USEFUL AMOUNTS OF IMMUNE SYSTEM-BOOSTING VITAMIN C, AND SIGNIFICANT LEVELS OF POTASSIUM, WHICH IS KEY TO CONTROLLING BLOOD PRESSURE. THE SOLUBLE FIBRE IN THE SKIN SLOWS DOWN DIGESTION, AND SO STABILISES BLOOD SUGAR AND INSULIN LEVELS. SOLUBLE FIBRE ALSO HELPS PREVENT CONSTIPATION AND RELIEVES IRRITABLE BOWEL SYMPTOMS.

BLACKBERRIES

BLACKBERRIES ARE HIGH IN ANTIOXIDANTS, WHICH ARE CHEMICALS THAT FIGHT DAMAGE TO CELLS CAUSED BY FREE RADICALS IN THE BODY. THE ANTIOXIDANT CONTENT OF BLACKBERRIES AND OTHER BERRIES IS QUITE HIGH -- SLIGHTLY HIGHER THAN BLUEBERRIES, ANOTHER BERRY KNOWN FOR ITS HIGH ANTIOXIDANT CONTENT.