



o c t o b e r

SPECIALS // PREVENT

PITAYA BOWL

dragonfruit - banana - fresh fruit - coconut mylk - toppings

£7.00 (V) (GF) (N)



PORTOBELLO MUSHROOM

portobello mushroom - beet puree - roasted squash - rocket - alfalfa - truffle emulsion

£8.50 (V) (GF) (N)



PITAYA CHEESECAKE

raw cheesecake made with pink dragonfruit

£7.00 (V) (GF) (N)



PINK BLISS BALLS

pitaya + cashew bliss balls

£2.00
(V) (GF) (N)

PITAYA LEMONADE

pitaya - lemon - alkaline water
- maple syrup - himalayan salt

£3.00
(V) (GF)



prevent

WE ARE THRILLED TO LAUNCH OUR NEW AUTUMN/WINTER MENU THIS MONTH. FOR US, GOOD FOOD AND NUTRITION IS ALWAYS IN STYLE AND WE'RE LOOKING FORWARD TO WELCOMING YOU TO TRY OUT SOME OF OUR NEW DISHES AND FLAVOURS. IF YOU HAVEN'T ALREADY NOTED FROM OUR INSTAGRAM FEED, THERE IS AN ABUNDANCE OF 'PINK'! NOT LEAST BECAUSE WE'VE INTRODUCED THE AMAZING PITAYA (DRAGON FRUIT) TO SOME OF OUR DISHES BUT BECAUSE OUR THEME FOR THE MONTH IS 'PREVENT' - AS WE FOCUS ON THE WAYS IN WHICH GOOD FOOD CAN HELP TO STAVE OFF ILLNESS AND DISEASE - WE'RE SPECIFICALLY SUPPORTING THE CHARITY, PREVENT BREAST CANCER AND ARE REALLY LOOKING FORWARD TO HOSTING A SUPPER CLUB WITH THEM AS PART OF PAINT HALE PINK WEEK ON THURSDAY 12TH OCTOBER. BY CHOOSING YOUR FOOD FROM OUR SPECIALS MENU THIS MONTH YOU ARE ALSO CHOOSING TO SUPPORT PREVENT BREAST CANCER WITH A % OF PROFITS GOING STRAIGHT TO THE CHARITY.

fruit + superfood of the month

PITAYA

PITAYA, ALSO KNOWN AS DRAGON FRUIT, IS A SUPERFRUIT INDIGENOUS TO CENTRAL AND SOUTH AMERICA THAT IS NOW GROWN ALL OVER THE WORLD. SOME SPECIES OF PITAYA / DRAGON FRUIT HAVE WHITE FLESH, OR PULP, ON THE INSIDE, THIS MONTH WE FEATURE THE RED FLESH PITAYA, WHICH IS RICHER IN NUTRIENTS, FLAVOUR, AND, OF COURSE, COLOUR. PITAYA, OR DRAGON FRUIT, HAS A FAINT, SWEET TASTE MUCH LIKE AN EARTHY WATERMELON. ALL OF ITS SEEDS GIVE IT THE CONSISTENCY OF A KIWI. DRAGON FRUIT IS JAM-PACKED WITH FLAVONOIDS AND FLU-FIGHTING VITAMIN C, WHICH IS GREAT FOR THE IMMUNE SYSTEM. IN FACT, IT CONTAINS MORE VITAMIN C THAN A CARROT, MAKING THE DRAGON FRUIT ONE OF THE TOP VITAMIN C FOODS AROUND. DRAGON FRUIT ALSO RANKS HIGH ON THE ANTIOXIDANT LIST, WHICH HELPS KICK THOSE FREE RADICALS TO THE CURB. AND EVEN MORE SUPPORT STEPS UP FROM VITAMINS B1, B2, B3, AS WELL AS CALCIUM, PHOSPHOROUS, IRON, PROTEIN, NIACIN AND FIBER TEAMING UP TO KEEP THAT IMMUNE SYSTEM IN TIP-TOP SHAPE.