



november

SPECIALS // HYGGE

STEWED APPLE + CINNAMON PORRIDGE

gluten free oats - flaxseed - stewed apples - maca - cinnamon - almond mylk

£6.50 (V) (GF) (N)

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WINTER ROOTS + PULSE HOTPOT

butterbeans - chickpeas - seasonal root veg - turmeric quinoa + herby yoghurt

£8.50 (V) (GF) (N)

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PUMPKIN PIE

served with dairy free Booja Booja ice cream

£6.50 (V) (GF) (N)

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MULLED APPLE JUICE

warm spiced apple juice with star anise

£4.00 (V) (GF)



hygge

HYGGE
(NOUN)

A QUALITY OF COSINESS AND COMFORTABLE CONVIVIALITY THAT
ENGENDERS A FEELING OF CONTENTMENT OR WELL-BEING.
(OXFORD ENGLISH DICTIONARY).

IF THERE'S ONE WORD THAT SUMS US GARDENERS UP AT THIS
TIME OF YEAR IT IS THIS... A RELATIVELY NEW WORD TO BRITISH
SHORES ADMITTEDLY BUT ISN'T IT JUST EVERYTHING THAT WE
NEED AT THIS TIME OF YEAR? THE DAYS ARE SHORTER. THE AIR IS
COOLER. AND THE CALL OF COSY IS JUST TOO MUCH FOR US. SO
THIS MONTH, WE'RE GOING ALL OUT ON HYGGE. IT'S OUR THEME
FOR THE MONTH AND WE CAN'T WAIT TO WELCOME YOU AS WE
TEMPT YOU WITH YET MORE NEW ITEMS ON THE MENU (PUMPKINS
AREN'T JUST FOR HALLOWEEN YOU KNOW...).

COME HUG A MUG OF ONE OF OUR RAINBOW LATTES. A WARM
WELCOME AWAITS YOU..

seasonal veg of the month

PUMPKIN

PUMPKINS AND OTHER ORANGE FRUITS AND VEGETABLES, SUCH
AS CARROTS, WINTER SQUASH, SWEET POTATOES, PAPAYAS AND
MANGOES, ARE BURSTING WITH CAROTENOIDS. CAROTENOIDS ARE
FIERCE PIGMENTS THAT MULTITASK TO KEEP YOU HEALTHY. THEY
DESTROY HARMFUL FREE RADICALS AND REDUCE INFLAMMATION—A
KNOWN CULPRIT IN MANY CHRONIC DISEASES, INCLUDING HEART
DISEASE, COLITIS AND ASTHMA. THEY ALSO PREVENT THE BUILD
UP OF FATTY PLAQUES IN YOUR ARTERIES THAT CAN LEAD TO
HEART DISEASE AND STROKE.