



february

SPECIALS // WHOLEHEARTED

ARTICHOKE AND LEEK FRITTATA

rocket - alfafa sprouts - basil oil

£8.00 (GF)

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MINI CHICKPEA AND LEEK BURGERS

three mini burgers in chicory boats - artichoke mayo - sweet potato wedges

£9.50 (V) (GF) (N)

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BANOFEE CACAO RAW CHEESECAKE

£7.00 (V) (GF) (N)

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wholehearted

“IF YOU ARE INTERESTED IN SOMETHING, NO MATTER WHAT IT IS,
GO AT IT FULL SPEED. EMBRACE IT WITH BOTH ARMS, HUG IT,
LOVE IT AND ABOVE ALL BECOME PASSIONATE ABOUT IT.
LUKEWARM IS NO GOOD.” ROALD DAHL

AFTER WHAT FELT LIKE THE LONGEST JANUARY SINCE RECORDS
BEGAN, WE’RE HERE FOR YOU.

WE KNOW THAT WINTER WILL STILL BE TEASING US WITH ITS
TOUCH BUT WE’LL BE REVELLING IN THE PROMISE OF A NEW
MONTH AS THE NIGHTS SLOWLY BECOME SHORTER AND OUR
PLANS FOR THE YEAR START TO BE REALISED.

FEBRUARY FOR US IS ABOUT BEING WHOLEHEARTED. WITH
VALENTINE’S DAY SLAP BANG IN THE MIDDLE OF IT, WE CAN’T
ESCAPE THE LOVE VIBE.

BUT FOR US IT’S MORE THAN THAT. IT’S ABOUT BEING
WHOLEHEARTED IN EVERYTHING WE DO - NOT JUST FOR OTHERS
BUT FOR OURSELVES TOO. MAKING SURE WE ALLOW TIME TO STOP
AND REVEL IN MOMENTS - COMPLETELY AND UTTERLY - AND
ALLOWING OURSELVES TO SINK DEEP INTO OUR PASSIONS IN
BOTH WORK AND PLAY.

WE’RE GOING FOR A NO FILTERED, WHOLEHEARTED FEEL FROM
OUR SPECIALS MENU TO OUR EVENTS AND SOCIAL MEDIA TOO.
WE’D LOVE TO SEE YOUR PICS OF YOU ENJOYING YOUR TIME WITH
US. IF YOU UPLOAD TO INSTAGRAM WITH #WHOLEHEARTED AND
#SHARETHELOVE AND TAG US IN, WE’LL ENTER YOU INTO OUR
COMPETITION FOR THE MONTH FOR LUNCH ON US.

WE LOVE YOU FOR STOPPING BY AND PAYING US A VISIT EVERY
ONCE IN A WHILE.

THE GARDENERS