



april

SPECIALS // REVITILASE

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**CAULI BEAN BOWL**

cauliflower 'chorizo' - white beans - tomato ragu - poached eggs - rocket - alfalfa

£8.00 (GF)

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**CAULI CAESER SALAD**

cajun roasted cauliflower - raw crackers - gem lettuce - dill caesar dressing

£9.50 (V) (GF) (N)

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**LEMON DRIZZLE CAKE**

booja - booja ice cream

£7.00 (V) (GF) (N)

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## *revitalise*

IT TOOK A WHILE AND THREW IN A FEW EXTRA SNOW FLURRIES FOR GOOD MEASURE BUT NOW THE CLOCKS HAVE SPRUNG FORWARD, WE'RE OPENING OUR ARMS AND WELCOMING THE SEASON OF NEW LIFE INTO THE FOLD.

THIS MONTH WE'RE HELPING TO PUT A SPRING BACK INTO YOUR STEP - SHIFTING YOU FULLY FROM HIBERNATION MODE AND SUPPORTING YOU IN REGAINING THE ENERGY LOST DURING THE WINTER MONTHS.

SPRING IS THE PRIME TIME FOR STRENGTHENING OUR LIVER ENERGY AND BEING ACTIVE AND EATING THE RIGHT FOODS CAN REALLY HELP TO BRING ABOUT MORE PHYSICAL ENERGY AND OVERALL VITALITY.

COME TO OUR SUPPER CLUB ON 11TH APRIL TO EXPLORE THIS AND MAKE SURE YOU CHECK OUT OUR EVENTS ON THE BOARD IN THE CAFÉ AND ONLINE TO REVITALISE YOURSELF THIS MONTH.

SPRING - IT'S SO GOOD TO SEE YOU.  
THE GARDENERS