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THE GARDEN EATERY

Hale's health food eatery serving wholesome, nutritious, home cooked food and cold pressed juices freshly made every day. Our purpose is to bring you the healthiest, most nutritious food available with each season. We source our produce organically where possible and work closely with local suppliers to help champion sustainability and reduce the impact we have on our environment. Our recipes may change slightly depending on what is available from the farms at each time of year but we always have your health and wellbeing at the forefront of our mind when creating our dishes.

The Garden Eatery is not just a vibrant day-time cafe, it is a holistic wellbeing hub. We run monthly events designed to enhance day to day living and seasonal supper clubs with guest speakers to bring you the latest health advice straight from the experts.

BREAKFAST

SERVED UNTIL 12PM

EGGS FLORENTINE sourdough spinach eggs coconut-hollandaise	8.5
HARISSA HASH (v option) sweet potato hash eggs or avocado (v) spinach harissa yoghurt omega seeds sourdough	8.5
PLANT POWER BREAKFAST (v) turmeric tofu scramble kimchi avocado wild mushrooms vine tomatoes spinach homemade beans sweet potato hash sourdough	9.5
THE GARDEN BREAKFAST 2 eggs spinach tomatoes sweet potato hash homemade beans wild mushrooms sourdough asparagus	9.
GRANOLA BOWL (v) (gf) (n) coconut yoghurt granola nut butter fresh fruit	6.5
CHIA-QUINOA PORRIDGE (v) (gf) (n) fresh fruit nut butter - or - granola maple	6.
BREAKFAST BURRITO (v option) refried beans avo chilli mash salsa bacon or tempeh (v) tofu scramble	8.
COURGETTE FRITTERS (gf) courgette fritters roasted tomato sauce poached eggs avocado chilli mash alfafa mixed leaf omega seeds	8.5

BRUNCH

SERVED ALL DAY

SUPER GREEN OMELETTE (gf) hijiki broccoli spinach mixed leaf alfalfa mustard dressing omega seeds	8.5
ACAI or PITAYA BOWL (v) (gf) (n) acai or pitaya fresh fruit nuts omega seeds	7.5
GOOD MORNING GREENS (v) sourdough grated tomato smashed avo alfalfa sprouts basil oil	6.5
GARDEN TOAST (V) avocado chilli omega seeds kimchi or nut butter banana chia seeds (n)	6.5
CASHEW RAREBIT TOAST (v) (n) grilled rarebit cashew cheese sauteed onions	6.5
BUCKWHEAT PANCAKES (v) (n) (gf) pistachios yoghurt maple syrup	8.5

Many of our dishes contain common allergens. Please alert a member of staff if you have any allergies + we will assist you where possible.

BREAKFAST SIDES

SERVED UNTIL 12PM

avocado	2.
egg	1.5
sweet potato hash	2.
halloumi	3.5
smoked salmon	3.5
bacon	3.5
sausage / vegan sausage	3.5
bacon + sausage	3.5
kimchi / sauerkraut	3.
gluten free toast available + £1	

PLEASE SEE OUR BOARD FOR MONTHLY SEASONAL SPECIALS

LUNCH

SERVED FROM 12PM

EARTH FRIENDLY SOUP (v) (gf) sourdough	4.5
RAINBOW VEGETTI (v) (gf) vegetti squash balls purple kraut lemon tahini dressing sesame	9.5
BAKED SWEET POTATO (v) (gf) homemade beans paprika cashew cheese (n) or tamari stir fry veg coriander peanuts (n)	9.5
RAINBOW LASAGNE (v) (gf) (n) seasonal veg lentil ragu artichoke and basil cashew cheese micro basil	10.5
BUDDAH BOWL (v) (gf) Thai yellow curry courgette sweet potato chickpeas spinach red pepper wild rice sauerkraut	10.5
BALI BOWL (v) (n) (gf) edamame beans cucumber noodles chilli spring onion sesame coriander gem lettuce ginger tamari dressing	8.
GADO GADO BOWL (v) (gf) (n) shredded red and green cabbage radish micro herbs celery satay dressing crushed peanuts	8.

SANDWICHES / WRAPS

BACON or TEMPEH (v) avocado mash lettuce tomatoes basil oil	8.5
HALLOUMI avo mash harissa kimchee lettuce cucumber	8.5
PULLED JACKFRUIT (v) or CHICKEN homemade bbq sauce avo mash purple kraut	8.5

TO SHARE

RAW CRACKERS + HUMMUS (OR DIP OF CHOICE)	3.
CRUDITIES + HUMMUS (OR DIP OF CHOICE)	3.
OLIVES	3.
CHILLI EDAMAME	4.
THE GARDEN MEZZ (v) (n) mushroom pate paprika cashew cheese caramelised onion hummus guacamole tempeh chilli edamame beans olives raw crackers sourdough crudities	15.
NACHOS (v) (gf) (n) corn tortillas refried black beans guacamole salsa coriander jalapenos paprika cashew cheese add bbq jackfruit	9. 3.

CHILDREN

KIDS BREAKFAST scrambled egg sausage beans toast	5.
OMELETTE (gf) served with peas	5.
BANANA ON TOAST nut butter (n) - or - cacao spread	5.
CHICKEN STRIPS (gf) avocado mash wedges peas	5.
CHICKEN WRAP chicken lettuce mayo	5.

AN OPTIONAL SERVICE CHARGE WILL BE ADDED TO TABLES OF 6 OR MORE

LUNCH SIDES

SERVED FROM 12PM

avocado	2.
halloumi	3.5
maca marinated chicken	4.
matcha marinated salmon fillet	4.
garlic king prawns	4.
smoked salmon	3.5
side salad	3.
sweet potato wedges	3.

DESSERTS - ALL GLUTEN AND DAIRY FREE

RAW CHEESECAKE (n) date and almond base seasonal cashew cream topping	7.	WOW BAR (n) salted caramel raspberry and coconut almond butter	5.
BANANA BREAD (n) served with booja - booja ice cream	5.	SALTED CARAMEL LOAF (n) served with booja - booja ice cream	5.
CARROT CAKE (n)	5.	FRUIT LOAF (n) served with booja - booja ice cream	5.
CACAO BROWNIE (n) served with booja - booja ice cream	5.	BAKEWELL TART served with booja - booja ice cream	7.

SMOOTHIES

HOLY CACAO (n) banana almond mylk raw cacao tahini maca chia vanilla	5.
STRONG (N) banana hemp protein chia cashew mylk almond butter	5.
PURPLE RAIN banana blueberries raspberries apple juice avocado baobab	5.
GREEN PEACE apple juice spinach kale parsley cucumber avocado spirulina wheatgrass	5.

COLD PRESSED JUICE

ENERGISE cucumber apple spinach kale parsley coriander lime liquid chlorophyll	5.
GLOW (fruit free) carrot beetroot lemon cucumber probiotic cultures	5.
THRIVE pineapple apple carrot lemon ginger turmeric lucuma	5.
DETOX alkaline water lemon activated charcoal himalayan pink salt maple syrup	5.

SHOTS

GINGER SHOT ginger apple	3.
GARLIC SHOT garlic lemon	3.
IMMUNITY SHOT tumeric cayenne lemon apple cider vinegar ginger pineapple enhinachea	3.
LIVER FLUSH SHOT beetroot grapefruit aloe vera milk thistle complex	3.
SHOT TRAY selection of juice shots	6.

SIGNATURE

I AM WELL ginger turmeric lemon chaga 25p of this will be donated to the Neil Shepherdson neuro-oncology fund	3.
ALMOND LATTE (N) almond mylk espresso	3.5
MATCHA LATTE (N) matcha powder almond mylk	4.
GOLDEN MYLK (n) tumeric lemon ginger almond mylk	4.
COCONUT OIL COFFEE coconut oil espresso	4.
MEDICINAL MUSHROOM LATTE (n) chaga mushroom dates almond butter almond mylk	4.
FLAMINGO LATTE (n) beetroot chai almond mylk	4.
CHAI LATTE (n) cinnamon almond mylk	4.
HOT CACAO (n) cacao coconut palm sugar almond mylk	4.
BLACK MAGIC LATTE (n) activated charcoal himalayan pink salt almond mylk	4.
MISTY BLUE LATTE (n) blue spirulina almond mylk	4.

COFFEE

SUMATRAN AMERICANO	2.5
ESPRESSO	2.1
FLAT WHITE	2.5
LATTE	2.8
CAPPUCCINO	2.8
add almond hazlenut coconut mylk	.5

LOOSE LEAF TEA

BREAKFAST TEA	2.5
EARL GREY	2.5
GREEN	3.
MINT	3.

FIZZ

LE DOLCI COLLINE SPUMANTE BRUT Veneto, Italy – Individual 200ml bottle (vegan) Food match – immunity bowl	8.
VEUVE CORBIN BRUT Loire, France 750ml bottle (vegan and sustainable) Food match – the garden mezz	24.
CHAMPAGNE GUY LAFORGE BRUT Champagne, France – 750ml bottle (vegan)	50.

WHITE

ANCORA PINOT GRIGIO Pavia, Italy - Individual 187.5ml bottle (vegan) Food match – buddha bowl	5.5
CIRCUMSTANCE SAUVIGNON BLANC Stellenbosch, South Africa - bottle (vegan & biodynamic) Food match – winter bowl	27.

ROSÉ

ANCORA PINOT GRIGIO ROSÉ Lombardia, Italy -individual 187.5ml bottle (vegan) Food match – rainbow vegetti	5.75
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RED

LE PETIT CHAT MALIN Southern Rhone, France – individual 185ml bottle (vegan)	5.5
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CELIA (gluten free)	5.
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Please ask your server for details of this month's
limited edition smoothie and juice

There is a selection of cold drinks in the takeaway fridge

(v) vegan (gf) gluten free (n) contains nuts