

SPECIALS

january / february

BE KIND TO YOURSELF

CARROT CAKE PORRIDGE

GRATED CARROTS, CINNAMON, NUTMEG, RAISINS AND OAT ALMOND MYLK
PORRIDGE 7

(GF) (V) (N)

full of fibre and antioxidants - will keep you full all morning

VEGAN COTTAGE PIE

LENTILS, CARROTS, PEAS, COURGETTES, MUSHROOMS, TOPPED WITH
SWEET POTATO COCONUT MASH 10

(V) (GF)

good source of plant based protein and fibre - perfect warming dish

CHOCOLATE GANACHE CAKE

SERVED WITH DAIRY FREE ICE CREAM 7

(V) (GF) (N)

great mood booster for the january blues - you're welcome

be kind to yourself

YES! YOU CAN DO ANYTHING AND... IF YOU LOVED YOURSELF,
YOU WOULD NOT TRY TO DO EVERYTHING."

CHRISTINE ARYLO

NEW YEAR, NEW YOU? OR NEW YEAR, SAME BRILLIANT YOU...

WE LIKE THE LATTER. DON'T GO CHANGING TOO MUCH, YOU'RE
ALREADY SPECIAL ENOUGH.

WHETHER YOUR GOALS FOR THIS YEAR ARE GENTLE OR
AMBITIOUS, YOU'VE GOT OUR BACKING. KEEP LEARNING. KEEP
GROWING. STAY CURIOUS. OUR SPECIALS THIS MONTH WILL
HELP TO FUEL YOU THROUGH.

TAKE A LOOK AT OUR EVENTS BOARD THIS MONTH - WE'VE
PACKED IT WITH THINGS THAT WE KNOW WILL INSPIRE YOU.
OUR AIM IS ALWAYS TO NOURISH YOU - HEART, BODY AND SOUL.

WELCOME TO 2019. IT ALREADY LOOKS GOOD ON YOU.

LOVE,

THE GARDENERS

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