

SPECIALS

march / april

FLOURISH

MUSHROOM STUFFED POTATO CAKES

MUSHROOMS, GARLIC, PARSLEY STUFFED POTATO CAKES 7

(GF) (V)

full of fibre and plant based protein - pack in your daily dose of vitamin B

DISCO WEDGES

POTATO, SWEET POTATO, COURGETTE, CARROT AND BEETROOT WEDGES IN
A DECADENT CASHEW SAUCE, SPRING ONION, GARLIC, AND GREEN PEPPER
TOPPING 10

(V) (GF) (N)

feeds the good bacteria in your gut - supports healthy digestion

RAW BANOFEE PIE

CASHEW VANILLA CREAM, SALTED CARAMEL, BANANA 7

(V) (GF) (N)

naturally sweetened - provides you a boost of energy

flourish

WE'RE FEELING A SPRING IN OUR STEP SOONER
THAN WE ANTICIPATED HELPED BY THE IMPATIENCE
OF THE SUNSHINE THESE PAST COUPLE OF WEEKS!
#FAUXSPRING HAS GOT US GOOD.

WE'RE BIG FANS OF THE SEASON OF NEW LIFE NOT
LEAST BECAUSE OF ALL THE NEW
INGREDIENTS STARTING TO BECOME AVAILABLE TO
US. WE HOPE YOU GET CHANCE TO ENJOY SOME OF
OUR SPRING SPECIALS OVER THE NEXT FEW WEEKS
AS WE FULLY STEP INTO A NEW SEASON AND
EMBRACE EVERYTHING IT HAS TO OFFER.

WORKING WITH THE SEASONS IS WHAT WE DO.
ALLOW YOURSELF TO FLOURISH THIS SPRING. IT'S
WHAT NATURE WANTS FOR YOU.

LOVE

THE GARDENERS

X