



JUICE

COFFEE

COCKTAILS

COLD PRESSED JUICE 5

ALL (V) (GF)

ENERGISE CUCUMBER, APPLE, SPINACH, KALE, PARSLEY, CORIANDER, LIME, LIQUID CHLOROPHYLL

GLOW CARROT, BEETROOT, LEMON, CUCUMBER, PROBIOTIC CULTURES

THRIVE PINEAPPLE, APPLE, CARROT, LEMON, GINGER, TURMERIC, LUCUMA

DETOX ALKALINE WATER, LEMON, ACTIVATED CHARCOAL, HIMALAYAN PINK SALT, MAPLE SYRUP

SHOTS 3

ALL (V) (GF)

GINGER GINGER, APPLE

KICK START TURMERIC, CAYENNE, LEMON, APPLE CIDER VINEGAR, GINGER, PINEAPPLE, ECHINACHEA

ROYAL FLUSH BEETROOT, GRAPEFRUIT, ALOE VERA, MILK THISTLE COMPLEX

SMOOTHIES 5

ALL (V) (GF)

HOLY CACAO BANANA, ALMOND MYLK, RAW CACAO, TAHINI, MACA, CHIA, VANILLA (N) (S)

STRONG BANANA, HEMP PROTEIN, CHIA, CASHEW MYLK, ALMOND BUTTER, DATES (N)

PURPLE RAIN BANANA, BLUEBERRIES, RASPBERRIES, APPLE JUICE, AVOCADO, BAOBAB

GREEN PEACE APPLE JUICE, SPINACH, KALE, PARSLEY, CUCUMBER, AVOCADO, SPIRULINA, WHEATGRASS

cocktails

BUCKS FIZZ

ORANGE JUICE, PROSECCO 8

BLOODY MARY

VODKA, TOMATO JUICE, SPICES 8

GARDEN PUNCH

GIN, COLD PRESSED JUICE, KOMBUCHA 8

SOFT DRINKS

ALKALINE WATER 50CL 2.5

SPARKLING WATER 33CL 1.95

GINGER AND HIBISCUS KOMBUCHA 33CL 3.25

MATCHA AND MINT KOMBUCHA 33CL 3.25

BLUEBERRY AND LAVENDER KOMBUCHA 33CL 3.25

LUSCOMBE AROMATIC TONIC 20CL 2.5

LUSCOMBE ELDERFLOWER TONIC 20CL 2.5

LUSCOMBE GRAPEFRUIT TONIC 20CL 2.5

REBEL KITCHEN KIDS CHOCOLATE MYLK 25CL 1.95

PUMPKIN TREE APPLE AND GRAPE 20CL 1

COFFEE

SUMATRAN AMERICANO 2.5
ESPRESSO 2.5
FLAT WHITE 2.5
LATTE 2.8
CAPPUCCINO 2.8
ALMOND, COCONUT, OAT, HAZELNUT, SOY MYLKs AVAILABLE
(ADD 50P)
COCONUT OIL COFFEE 3

TEA

BREAKFAST 2.5
EARL GREY 2.5
JASMINE GREEN 3
PEPPERMINT 3
CHAMOMILE 3
RASPBERRY AND MINT 3
CHOCOLATE ORANGE 3
CHAI 3

signature

I AM WELL TURMERIC, GINGER, LEMON, CHAGA 3
MATCHA LATTE MATCHA, ALMOND MYLK 4 (N)
GOLDEN MYLK TURMERIC, LEMON, GINGER, ALMOND MYLK 4 (N)
WITCHES BREW LATTE CHAGA, DATES, ALMOND BUTTER, ALMOND MYLK 4 (N)
FLAMINGO LATTE BEETROOT, CHAI, ALMOND MYLK 4 (N)
CHAI LATTE CINNAMON, ALMOND MYLK 4 (N)
HOT CACAO CACAO, COCONUT PALM SUGAR, ALMOND MYLK 4 (N)
BLACK MAGIC LATTE ACTIVATED CHARCOAL, HIMALAYAN PINK SALT, ALMOND MYLK 4 (N)
MISTY BLUE LATTE BLUE SPIRULINA, ALMOND MILK 4 (N)

ALL AVAILABLE HOT OR ICED

SPIRITS/LAGER/CIDER

QUINOA VODKA

FAIR QUINOA 25ML 40% ABV FRANCE 4

ELEPHANT GIN

45% ABV, 25ML, GERMANY 4

LAGER

CELIA 4.5% 33CL 5

CIDER

REKORDERLIG RHUBARB LEMON MINT 4.0%
33CL 5

WHITE WINE

ANCORA PINOT GRIGIO ITALY 187.5ML 6
CIRCUMSTANCE SAUVIGNON BLANC, STELLENBOSCH 750ML 27

RED WINE

LE PETIT CHAT MALIN, RHONE, FRANCE 187.5ML 6

ROSE WINE

ANCORA PINOT GRIGIO ROSE, ITALY 187.5ML 6

SPARKLING

LE DOLCI COLLINE SPUMANTE BRUT, ITALY 200ML 8.5
VERVE CORBIN BRUT, LOIRE, FRANCE 750ML 24

BREAKFAST

BRUNCH

LUNCH

BREAKFAST - UNTIL 12PM

RAINBOW HASH POACHED EGGS, RAINBOW HASH, AVOCADO CHILLI MASH, OMEGA SEEDS, ROASTED TOMATO SAUCE (GF) (S) (C) 10

GARDEN BREAKFAST POACHED EGGS, TOMATOES, RAINBOW HASH, KALE, HOMEMADE BEANS, CHESTNUT MUSHROOMS, SOURDOUGH (C) 8

2 EGGS ANY WAY POACHED, SCRAMBLED OR FRIED ON SOURDOUGH 5

EGGS FLORENTINE POACHED EGGS, SPINACH, SOURDOUGH, HOLLANDAISE SAUCE 7

SUPER GREEN OMELETTE 3 EGGS, SPIRULINA, BROCCOLI, KALE, TAHINI SESAME DRESSING, OMEGA SEEDS (GF) (S) 9

VEGAN - UNTIL 12PM

PLANT POWER TURMERIC TOFU-QUINOA SCRAMBLE, AVOCADO, CHESTNUT MUSHROOMS, KALE, RAINBOW HASH, HOMEMADE BEANS, SOURDOUGH (V) (C) (SY) 9

GRANOLA BOWL COCONUT YOGHURT, CASHEW BUTTER, GRANOLA, ACAI PARFAIT, FRESH FRUIT (V) (N) (S) 8

PITAYA / ACAI / BLUE BOWL COCONUT MYLK, BANANA, FRESH FRUIT, SPRINKLE TOPPINGS (V) (GF) (N) (S) 8

BUCKWHEAT TURMERIC PANCAKES COCONUT YOGHURT, TOASTED PECANS, MAPLE SYRUP, CARAMELISED PINEAPPLE (V) (GF) (N) 8

TOASTED BANANA BREAD COCONUT YOGHURT, ACAI DRIZZLE, TOASTED PECANS (GF) (N) (S) 5

SIDES

EGG 1

BACON 3

SAUSAGE 3

HALLOUMI 4

SMOKED SALMON 4

FETA 3

VEGAN SAUSAGE 2

AVOCADO 2

SOURDOUGH TOAST 1

GLUTEN FREE TOAST 1

HOMEMADE SWEET

POTATO HASH 1

HOLLANDAISE 1

BEANS 1

SUPER SALADS - FROM 12PM

BALI BOWL GEM LETTUCE, EDAMAME BEANS, CUCUMBER NOODLES, CORIANDER, CHILLI, BLACK SESAME, CASHEW-TAMARI SAUCE (V) (N) (S) (GF) 8

LEBANESE BOWL BLACK RICE, ALMOND FETA, SUNDRIED AND CHERRY TOMATOES, CUCUMBER, RED ONION, MINT, OREGANO, PARSLEY, LEMON, SUMAC, EXTRA VIRGIN OLIVE OIL (V) (N) (M) (GF) 8

GREEN GODDESS BOWL BROCCOLI FRITTERS, GEM LETTUCE, QUINOA, PEAS, ROCKET, SEEDS, KOMBUCHA DRESSING (V) (GF) (M) (C) 8

OPEN SOURDOUGH / SWEET POTATO TOAST

AVOCADO TOASTS KIMCHI, CHILLI, OMEGA SEEDS (V) (S) 6.5

BANANA TOASTS CASHEW BUTTER, CHIA SEEDS, CACAO NIBS (V) (N) 6.5

CASHEW RAREBIT RAREBIT CASHEW CHEESE, ONIONS, MUSHROOMS, BASIL OIL (V) (N) (M) 6.5

GOOD MORNING GREENS GRATED TOMATO, SMASHED AVOCADO, BASIL OIL, ALFALFA (V) 6.5

GARDEN FAVOURITES - FROM 12PM

MAC, CHEESE N GREENS MACARONI, SQUASH - CASHEW COCONUT SAUCE, BROCCOLI, NIGELLA SEEDS, TRUFFLE CRUMBS (V) (N) (M) 9.5

QUESADILLAS SPICED SWEET POTATO, BLACK BEAN AND SWEETCORN, CHICKPEA TORTILLA, NACHO CASHEW CHEESE, GUACAMOLE (V) (GF) (N) (M) (C) 10

BUDDHA BOWL COCONUT BLACK LENTIL DAAL, SWEET POTATO, CHILLI, SPICES, SAUERKRAUT, BLACK RICE, MICRO CORIANDER (V) (GF) (S) 9.5

BLT / TLT BACON/TEMPEH, AVOCADO, LETTUCE, TOMATOES, BASIL OIL 8

HALLOUMI/CHICKEN PEA GUACAMOLE, KIMCHI, LETTUCE, CUCUMBER, HARISSA (C) (M) 8

EARTH FRIENDLY SOUP SOURDOUGH 4.5 (V)

SIDES

SOY MATCHA SALMON 5

HERBED CHICKEN 5

GARLIC PRAWNS 5

OLIVES 4

HALLOUMI4

FETA 4

SWEET POTATO WEDGES 4

CHILLI EDAMAME 4 (S)

DESSERTS

ALL (V) (GF) (N) (S)

RAW CHEESECAKE SEASONAL FLAVOUR 7

BANANA BREAD SERVED WITH DAIRY FREE
ICE CREAM 5

BAKEWELL TART SERVED WITH DAIRY FREE
ICE CREAM 7

BANOFFEE PIE SERVED WITH DAIRY FREE ICE
CREAM 6

CARROT CAKE SERVED WITH DAIRY FREE ICE
CREAM 6

CACAO BROWNIE SERVED WITH DAIRY FREE
ICE CREAM 6

PINEAPPLE AND PISTACHIO CAKE
SERVED WITH DAIRY FREE ICE CREAM 6

SALTED CARAMEL LOAF SERVED WITH
DAIRY FREE ICE CREAM 6

*'happy healthy parents make
happy healthy children'*

*all our desserts are handmade
with love using the finest
ingredients ensuring they are all
gluten and refined sugar free*

CHILDREN

OMELETTE FINGERS 2 EGGS, PEAS 4 (GF)

BANANA ON TOAST CASHEW BUTTER,
BANANA, CHIA SEEDS, TOASTED SOFT WHOLEMEAL 4
(V) (N)

CHICKEN STRIPS SWEET POTATO WEDGES, PEA
GUACAMOLE 5 (GF)

MINI MAC N CHEESE MACARONI, SQUASH
CASHEW COCONUT SAUCE, KALE, NIGELLA SEEDS 5
(V) (N) (M)

AVOCADO ON TOAST MASHED AVOCADO,
TOASTED SOFT WHOLEMEAL 3 (V)

WEANING PLATTER AVOCADO FINGERS,
SWEET POTATO FINGERS, BANANA FINGERS, TOASTED
SOFT WHOLEMEAL 5 (V)



Eat more plants

WE BELIEVE A PLANT BASED DIET IS BOTH BEST FOR HEALTH AND FOR THE PLANET WHICH IS WHY OUR MENU IS LARGELY PLANT BASED WITH THE OPTION TO ADD DAIRY, MEAT OR FISH.

WE WORK CLOSELY WITH LOCAL SUPPLIERS AND LOVE TO SUPPORT LOCAL BUSINESSES TO HELP CHAMPION SUSTAINABILITY AND REDUCE IMPACT ON THE ENVIRONMENT.

OUR 'LOVE YOUR MOTHER' SUSTAINABILITY CAMPAIGN IS DESIGNED TO KEEP US ACCOUNTABLE FOR SUSTAINABLE BUSINESS PRACTICES AND WE ARE ALWAYS LOOKING FOR NEW WAYS TO REDUCE OUR IMPACT ON THE ENVIRONMENT.

HALE'S HEALTH FOOD EATERY

ESTABLISHED IN 2014 BY BEST FRIENDS AMY AND KATE, THE GARDEN SERVES WHOLESOME, NUTRITIOUS, HOME COOKED FOOD AND COLD PRESSED JUICES. WE TAKE GREAT CARE IN DESIGNING A MENU WHICH IS BOTH INNOVATIVE AND NUTRITIONALLY BALANCED AND LOVE TO WORK WITH THE LATEST HEALTH FOODS ON THE MARKET.

THE GARDEN IS NOT JUST A VIBRANT CAFÉ, IT IS A HOLISTIC WELLBEING HUB. WE RUN MONTHLY EVENTS DESIGNED TO ENHANCE DAY TO DAY LIVING AND FOSTER GROWTH AND PERSONAL DEVELOPMENT AND SEASONAL SUPPER CLUBS WITH GUEST SPEAKERS TO BRING YOU THE LATEST HEALTH ADVICE STRAIGHT FROM THE EXPERTS.

BOTTOMLESS BRUNCHES

HELD EVERY BANK HOLIDAY SUNDAY - ASK STAFF FOR DETAILS



MANY OF OUR DISHES CONTAIN COMMON ALLERGENS.
PLEASE ALERT A MEMBER OF STAFF IF YOU HAVE ANY DIETARY REQUIREMENTS AND
WE WILL ASSIST YOU WHERE POSSIBLE