

COFFEES & JUICES

Our drinks are all organic and fair trade or direct-trade. Our coffees also can be ordered decaf or with oat drink (vgn)*

espresso	€ 2.30
+ extra shot	€ 1.10
espresso macchiato	€ 2.50
coffee	€ 2.50
cappuccino	€ 2.70
cappuccino grande	€ 3.90
flat white	€ 3.80
cortado	€ 2.60
latte	€ 3.00
latte macchiato	€ 3.20
hot choco	€ 3.20

tea of choice	€ 2.80
ginger and lemon tea	€ 3.30
verveine tea	€ 3.30

chai latte	€ 3.50
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spicy chai with milk, sweetened with palm sugar

warm appelchai (vgn)*	€ 3.50
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spicy apple cider, no added sugar

homemade lemonade	€ 3.50
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homemade iced tea	€ 3.50
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fresh orange juice	€ 3.70
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fresh apple juice	€ 3.70
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+ ginger	€ 0.20
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fruit & vegetable juice	€ 4.00
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apple, carrot, beetroot and ginger

smoothie	€ 4.00
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yoghurt, forest fruits, honey and orange juice

earth water sparkling	€ 3.50
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raspberry cordial	€ 2.00
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milk / buttermilk	€ 2.50
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CAKES & PIES

carrot cake with lemon cream(n)*	€ 4.50
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chocolate date bar (vgn/gf/n)*	€ 3.70
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brownie (gf)*	€ 4.00
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lemon merengue	€ 4.50
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scone with jam & lemon cream	€ 4.50
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banana bread	€ 3.00
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cake of the day	price varies
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GRILLED SANDWICHES

cheese	€ 4.50
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ham & cheese	€ 5.30
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pesto & cheese	€ 5.30
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+ ketchup	€ 0.50
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SOUP

soup of season based veggies (vgn/gv)*	
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with grilled focaccia

small bowl	€ 5.00
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large bowl	€ 6.00
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+ extra portion focaccia (vgn)*	€ 2.50
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SANDWICHES

Home baked roll topped with lettuce, cucumber, dressing and roasted seeds.

hummus with coriander (vgn/n)*	€ 7.90
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brie with red onion chutney	€ 8.50
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lemon creamcheese with chives	€ 8.50
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mackerel spread	€ 8.50
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marinated courgette with	€ 7.90
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pesto (vgn/n)*

SCONES

Home baked cheese scone topped with cucumber, dressing and roasted seeds.

hummus with coriander (n)*	€ 7.00
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brie with red onion chutney	€ 7.60
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lemon creamcheese with chives	€ 7.60
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mackerel spread	€ 7.60
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marinated courgette with	€ 7.00
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pesto (n)*

QUICHE & SALAD

quiche	€ 6.50
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with lettuce, cucumber and roasted seeds

soup and quiche combo	€ 10.50
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salad of the day	€ 9.50
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MENU

yoghurt with granola,	€ 5.50
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apple and cinnamon (n)*

also available with oat milk (n/df)*

yoghurt breakfast (n)*	€ 10.50
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granola with yoghurt or oat drink, fresh

orange juice and a tea/coffee of choice

scone breakfast	€ 13.50
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cheese scone with creamcheese and grilled ham, fresh orange juice

and a tea/coffee of choice

power breakfast	€ 9.50
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2 slices of our nuts and seeds loaf (gf/n)*

with cheese and a smoothie

heavy lunch	€ 13.50
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small bowl of soup, home baked roll,

grilled ham, creamcheese and pesto (n)*

farmers' lunch	€ 13.50
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small bowl of soup, home baked roll, marinated courgette, mackerel mousse and hummus (n)*

sweet menu	€ 10.50
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piece of pie, sweet scone with cream and jam

and a tea/coffee of choice

children's menu	€ 4.50
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home baked roll with jam and cheese, apple parts

* vgn = vegan / gf = gluten free /
df = dairy free / n = contains nuts

All products are prepared in one kitchen, so products may contain traces of allergenes. All products are lovingly prepared on site by our dedicated kitchen team using the finest, fresh 100 % organic ingredients!