



LIGHT & HEALTHY

Granola - £5.25 (V) (GF)

Homemade Granola, Grahams Natural Yoghurt or Dairy Free Yoghurt & Organic Natural Sweetener.

Bircher Muesli - £5.25 (VG) (NF)

Oat Milk, Cocoa Nibs & Seasonal Fruit.

Toasted Sourdough - £2.50

Add any of the combination;

Avocado £2, Smoked Salmon £3, Egg £2

Harissa £1.50, Organic Preserves £2

ALL DAY

Soup of the Day - £5.95 (V)

Served with Sourdough.

Hummus - £5.00 (VG) (GF)

Served with Clearspring Organic Oatcakes.

Big Green Bowl - £9.95 (VG) (GF)

Kale, Spinach, Avocado, Green Lentils, Herbs, Seeds & Green Goddess Dressing.

Add - Goats Cheese £2, Smoked Salmon £3, Organic Tofu £2, Chicken £2.50

Ancient Grains - £8.50 (VG) (GF)

Millet, Amaranth, Kale, Beetroot, Roasted Chickpeas, Tahini & Maple Dressing

Green Chicken Sandwich - £7.50

Chicken Breast, Vine Tomatoes, Green Pesto, Rocket, George Mewes Cheese on Sourdough.

Veggie Sharing Platter - £12.95 (V)

Hummus, Clearspring Organic Oatcakes, Garlic Whipped Yoghurt, Vine Tomatoes, Mushroom Olives & Toasted Sourdough.

FOR THE KIDS

On Toast - £1.50

Eggs £2, Baked Beans £1.50, Sausage £2

Organic Jam & Butter £1.50

Tomato Spaghetti - £4.95

BREAKFAST

Served From 10am - 4pm

EGGS, EGGS, EGGS

DOWN TO EGGS

Served All Day!

The Bloody Mary - £7.95 (V)

Poached Eggs, Avocado, Spinach, Toasted Sourdough served with a Bloody Mary Sauce.

The Real McMuffin - £7.95

Siracha, Fried Egg, Stornoway Black Pudding, Bacon, Rocket & a Freedom Bakery Brioche Bun.

Baked Eggs

Veggie - £8.95 (V) (GF)

Smoked Tomato-Chili Sauce, Organic Beans & Red Onion.

Meaty - £10.95

Peelham Farm Sausage, Smoked Tomato-Chili Sauce, Organic Beans & Red Onion.

AT DOWN TO EARTH
WE BELIEVE IN THE
IMPORTANCE OF WHOLE
FOODS AND PROVIDING
QUALITY INGREDIENTS
TO OUR CUSTOMERS.
BEING ORGANIC IS NOT
ONLY BEING CONSCIOUS
OF THE PRODUCTION OF
FOODS BUT A PHILOSOPHY
AND LIFESTYLE.
WE AIM TO NOURISH OUR
CUSTOMERS, SERVE AND
SUPPORT LOCAL SUPPLIERS
AND PROMOTE A MINDFUL
AND MORE SUSTAINABLE
EXISTENCE.

WHOLE & HEARTY

Big Breakfast - £9.50

Stornoway Black Pudding, Peelham Farm Organic Sausage & Bacon served with Eggs, grilled Vine Tomatoes, Mushroom, Down to Earth Beans, Tattie Scone and Toasted Sourdough.

Veggie Breakfast - £9.50 (V)

Eggs, grilled Vine Tomatoes, Haas Avocado, Spinach, Mushroom, Down to Earth Beans, Tattie Scone and Toasted Sourdough.

SUNDAY ROAST

The only ALL organic Sunday Roast
with all the trimmings
From £15.95

Our Meat changes every Sunday
and supplied by our local farmers.
Seasonal roasted vegetables, organic
roasted potatoes, homemade Yorkshire
Puddings and homemade gravy.
From 1pm. Call to reserve your table.

MAINS

Our dishes can be subject to change due to
availability of products and fresh produce.
We have a constantly revolving specials
board which is inspired by seasonal
produce from our local suppliers.

EXTRAS

Half Haas Avocado £2, Egg £2
Bacon £3, Stornoway Black Pudding £3
Sweet Potato Fries £3.95, Flatcap Mushrooms £3
Sourdough Toast £1.50, Triple Cooked Chips £3.95
Olives £2.50, Seasonal Vegetables £3.95

(V) Vegan (VG) Vegetarian
(GF) Gluten Free (NF) Nut Free



AT DOWN TO EARTH WE ARE PROUD TO SOURCE ALL OUR BEERS AND CIDERS FROM SAMUEL SMITH'S BREWERY. ALL SAMUEL SMITH'S BEERS ARE BREWED SOLELY FROM AUTHENTIC NATURAL INGREDIENTS WITHOUT ANY CHEMICAL ADDITIVES, RAW MATERIAL ADJUNCTS, ARTIFICIAL SWEETENERS, COLOURINGS, FLAVOURINGS OR PRESERVATIVES. ALL SAMUEL SMITH'S BEERS AND CIDERS ARE SUITABLE FOR A VEGAN DIET.

DRINKS

BEER

Pure Brewed Organic Lager	£3.90
Organic Cherry Fruit Beer	£4.20
Organic Strawberry Fruit Beer	£4.20
Organic Chocolate Stout	£4.50

CIDER

Organic Perry - Pear Cider	£4.80
Organic Apple Cider	£4.80

HOT DRINKS

Espresso	£2.20
Americano	£2.40
Macchiato	£2.50
Cortado	£2.50
Flat White	£2.60
Latte	£2.80
Cappuccino	£2.80
Mocha	£2.90
Tea	£2.50
Herbal Teas	£2.80
Peppermint,	
Lemon & Ginger,	
Chamomile,	
Blackcurrent & Acai	

COLD DRINKS

Our coldpress juices are supplied by Executive Juices. Based just outside London in Kent, they produce and distribute freshly pressed juices made from organically grown fruits and vegetables.

Coldpress juices £5

SPECIALTY CAKES & TREATS

All our cakes and treats are made in house from the highest quality organic ingredients. They are all naturally gluten and refined sugar free. Check our board for daily specials and allergen information.

At Down to Earth we believe that to be organic is a lifestyle. When you choose organic food, drink or even healthcare products, you choose products that will help create a more sustainable world.

SO WHAT'S THE BIG DEAL ABOUT BEING ORGANIC?

Reduce your exposure to harmful synthetic pesticides - Ever heard of Glyphosate?

Probably not. Glyphosate is the active ingredient in Monsanto's Roundup, which is the most sold weedkiller in the world. Government figures show in the UK alone its use in farming has increased by 400% in the last 20 years. It's manufacture advise farmers to use it on their wheat crops to kill and dry the crop making it easier to harvest. This pesticide is transferred from grain to food. Tests by the Defra Committee on Pesticide Residues in Food (PRiF) showed that two thirds of wholemeal bread contained glyphosate.

BOOST THE NUTRITIONAL QUALITY OF YOUR FOOD - IT'S TRUE!

In 2014 Newcastle University did a study and found that organic crops were up to 60% higher in a number of key antioxidants than conventionally grown ones. The British Journal of Nutrition have proven that both organic milk and meat contain 50% more beneficial omega-3 fatty acids than conventionally produced products.

DECREASE YOUR INTAKE OF UNNECESSARY HORMONES AND ANTIBIOTICS

Organic animals are truly free range and are reared without routine use of drugs, antibiotics and wormers.

PRESERVE LOCAL CROP VARIETIES FOR FUTURE GENERATIONS DID YOU KNOW?

It is estimated that 75% of genetic diversity of agricultural crops has been lost in the last century!

PROMOTE BIODIVERSITY AND RURAL LANDSCAPES

Did you know that we're losing the equivalent of 30 football pitches of fertile soil every minute!

CREATE A HEALTHIER WORKING ENVIRONMENT FOR FARM WORKERS AND LOCAL NEIGHBOURS

Organic farmers work hard to maintain areas such as banks, ponds and grasslands. This in turn supports and maintains more wildlife such as British bees, birds and even the hedgehogs. At Down to Earth we use local organic farmers and suppliers to support small businesses.