



"Inspired by our love of travel and rooted in our heritage, our menu brings bold, nourishing dishes and drinks that celebrate global flavours with local ingredients"

SNACKS

SWEET

BANANA BREAD

with CHOCOLATE CHIP
made with dark spelt
& Original Beans choc chip 4

PB TAHINI CHOC CHIP COOKIE
(GF, P, SS) 3.8

SWEET SPECIAL - PLEASE ASK

SAVOURY



LIME LEAF ORGANIC CASHEW
(N, GF)
3.8

CRACKED GREEN OLIVES
3.8

p = peanut, n = nuts, gf = gluten free,
gfo = gluten-free option
s = soy, ss = sesame, m = mustard, c = celery
PLEASE NOTIFY THE TEAM OF ANY ALLERGIES

BREAKFAST FROM 8AM - ALL DAY

CHIA & GRANOLA

Tahini and Black Sesame Chia
with Hodmedod Brazil Nut Granola
(GF, SS, N, S) 8
add pumpkin seed protein 1.6

Hodmedod Brazil Nut Granola
seasonal fruits
with your choice of milk
(GF, N, SS) 8

PORRIDGE

Sweet - Rooibos poached pear,
mixed oats, sunflower seed butter,
granola top
(GFO) 8
add pumpkin seed protein 1.6

Savoury - Creamy oats, topped
with tempe, seasonal greens,
radish pickle, lemongrass chile
crisp, deep roast peanut
(GF, P) 8.5

TOMATO TOAST
indulgent, creamy,
crunchy & nutty, smoky delight
winter tomato, salsa macha,
whipped 'ricotta', crispy capers,
pickles, marjoram
(N,P) 13.5

MUSHROOM TOAST

Seared mushroom, aioli, picked
herbs, chile pumpkin seed
(S,M) 13.5

Our suppliers include Natoora, Shrub, Infinity Foods, Suma Wholefoods
We are proud to support small independents and cooperatives

For dine-in customers, a discretionary service charge of 10% will be added to your bill.
All tips and service go directly to the entire team.

FROM 11AM - 4PM

MEXICAN TOSTADA

our bold & punchy signature

black beans, quinoa, red cabbage, kale leaves, pickled onion, tostada top, hot pickle seasonal beetroot, roast squash, Palm Greens chipotle crema, toasted seed guajillo oil
(GF, N, M, SS)
 perfectly pairs with: **tempe, mushroom, tostada top, habanero**
 13.5

MISO MUSHROOM

*warming & nourishing,
with a hint of sweetness*

black lentils, roasted portobello & onion beetroot, kale, winter greens toast hazelnuts, PG miso maple vinaigrette and a tahini dollop
(SS, S, GF, N)
 perfectly pairs with: **tempe, purple sweet potato, sourdough**
 13.5

HOT SEASONAL SPECIALS

Pleas ask for details

SAVOURY PANCAKE

fluffy spring onion pancake with a crunchy carrot ginger dressed slaw with tempe & tamari seeds

pairs well with: **mushroom, habanero (S, SS, GF)**
 14.5

KALE CAESAR

A nutrient-packed spin on a classic
 kale, baby gem, quinoa, butter beans courgettes, croutons, with a sunflower seed sprinkle Palm Greens caesar dressing and topped with crispy capers
(M, GFO)
 perfectly pairs with: **truffle oil, tempe, mushroom**
 13.5

GREEN GODDESS

*savoury umami goodness,
a nutritional powerhouse*
 black rice noodles, mirin-roasted red cabbage, kale, baby gem, spring onion Palm Greens miso green goddess dressing, chilli furikake
(S, SS, GF)
 perfectly pairs with: **tempe, tahini, habanero**
 13.5

EXTRAS

Signature burnt habanero oil (gf) 50p
ginger tamari tempe (s, gf) 3.8
roast portobello mushrooms (s, gf) 4
roast purple sweet potato, lime chile salt 4
tahini dollop (ss, gf) 2
chipotle crema (n, m, gf) 1.8
loaded tostada top (gf) 4
toasted sourdough 1.5
truffle oil (gf) 1

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SMOOTHIES

BERRY COLLAGEN*

To help you... **glow**

Light, fruity and antioxidant-rich, this vibrant smoothie blends summer berries with goji for a skin-loving boost of vitamin C and fibre.

Medjool date add a touch of natural sweetness, while collagen supports healthy skin and joints.

9

GREEN HYDRATOR

To help you... **recharge**

Packed with natural electrolytes from coconut water and a ginger kick to awaken the senses. Banana and apple balance savoury green kale and **celery**. Pumpkin seed protein for a plant-based protein boost and A+B electrolytes support hydration and recovery.

(C)

9

CACAO PROTEIN*

To help you... **fuel and recover**

Maca and cacao deliver a natural boost of energy and mood-lifting antioxidants, while hemp protein and soy milk provide a complete source of plant-based protein - for muscle recovery and sustained energy. Sunflower seed butter adds healthy fats and vitamin E.

A splash of kefir brings gut-supporting probiotics and a subtle tang. **(S)**

8.5

*Transform it into a smoothie bowl



ADD

BOOSTS & BEYOND

Mama Shrooms (lion's mane, cordyceps, tremella 9900mg)	2.6
*A&B Collagen	1.5
*A&B Electrolytes	1.5
*A&B Ashwagandha	1.5
Citizens of Soil EVOO	1.5
Hemp Protein	1.6
Pumpkin Seed Protein	1.2
Kiki Sea Moss	1.2
Maca	

add caffeine: Espresso / Matcha 3

*Ancient & Brave



*SMOOTHIE BOWLS

Make your smoothie into a bowl topped with granola and fruits
smoothie (n, ss, gf) + 4

*Brazil - Hodmedods

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SPECIALITY DRINKS

Matcha Latte - CEREMONIAL GRADE	5
Cacao with Reishi, Ashwagandha & Tahini	6.5
Black Sesame Latte	5
Jamu Jamu Latte - INDONESIAN ELIXIR	5
Hojicha	4.8
Chai latte	4
Hot Chocolate	4
<i>Make it iced</i>	+ .50
 + Hibiscus Syrup	1
+ Pandan Syrup	1
+ Black Sesame Paste	2
+ Maple syrup	.50
+ Mama Shrooms	2.6
+ Ashwagandha	1.5

COCONUT FRESCAS HIGH IN ELECTROLYTES



Matcha	5.8
Jamu Jamu	5.5
Espresso	5
Pandan	4.5
Hibiscus	4.5
Seasonal - <i>please ask</i> <i>add electrolytes</i>	5 1.5

00M

FUNCTIONAL MUSHROOM SOFT DRINK	4
Balance Peach, Blood Orange + Chaga	
Calm Lime, Mint & Rosemary + Reishi	
Focus Yuzu, Ginger, Turmeric + Lion's Mane	

YUGEN KOMBUCHA

GREAT FOR GUT HEALTH

Cherry Thyme	
Pineapple Chilli	
Mango Turmeric	5.5

VICHY WATER

Still / Sparkling

300ml (sparkling)	3
500ml	4
1 litre	5.5



SMOOTHIES

PACKED WITH NUTRIENTS & ADAPTOGENS

Berry & Collagen	9
Green Hydrator (c)	9
Cacao Protein (s)	8.5
Seasonal Special	9
<i>Make it a smoothie bowl (n, gf, ss)</i>	+ 4

ADD A BOOST

Mama Shrooms	2.6
*A&B Collagen	1.5
*A&B Electrolytes	1.5
*A&B Ashwagandha	1.5
*A&B Creatine	2
Chia Seed	1.5
Hemp Protein	1.5
Pumpkin Seed Protein	1.6
Kiki Sea Moss	1.2
Maca	1.2
<i>add caffeine: Matcha, Espresso</i>	3
*Ancient & Brave	

COFFEE

OZONE - 40% GUATEMALA, 40% BRAZIL, 20% NICARAGUA

Espresso	3
Americano	3
Flat white	4
Cortado	3.5
Latte	4
Cappuccino	4
Mocha	5
<i>Make it iced / decaf</i>	+ .50 / + .20

We have a selection of Rare Tea Co.

- please ask

Choice of milk:

oat, soy, coconut, pea protein

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BOOSTERS BREAKDOWN

Mama Shrooms Daily Dose 2.6

A blend of functional mushrooms (lion's mane, cordyceps, tremella) that support immunity, focus, energy, and stress resilience. High potency at 9900mg

Ancient & Brave Collagen 1.8

Supports skin, hair, nails, and joint health; promotes skin elasticity and repair from within.

Ancient & Brave Electrolytes 1.5

Natural hydration support with minerals like magnesium and potassium; helps with energy, focus, and recovery.

Ancient & Brave Ashwagandha 1.5

Adaptogenic root that helps the body manage stress, improve mood, and support hormone balance.

Ancient & Brave Creatine 2

This product enhances performance by combining creatine, taurine, magnesium, and vitamin D. It boosts muscle recovery, energy, and focus while supporting the nervous system and promoting bone health.

Sun & Seed Hemp Protein 1.5

Easily digestible plant protein with omega-3s, iron, and magnesium; supports energy and muscle recovery.

Sun & Seed Pumpkin Seed Protein 1.6

Nutty plant protein rich in zinc and iron; supports immunity, metabolism, and muscle repair.

Sea Moss 1.2

Packed with minerals (92 of 102 your body needs), supports skin, gut, thyroid, and immune health.

Maca Powder 1.2

An adaptogen known for balancing hormones, boosting energy, stamina, and enhancing mood and libido.