AF BAR

COCKTAILS

always alcohol-free

PICOSO SPICY MARG.....4
mango or lime, tajin rim, hint of chilli

SIP FRENCH MARTINI.....6
pineapple, raspberry & lime

SIP NEGRONI.....6
bitter orange, aromatic herbs

PENTIRE PALOMA.....6
pink grapefruit, lime, agave, soda

PENTIRE COASTAL SPRITZ.....6
blood orange, sea rosemary & oakwood

BLOODY MARY.....5.6
tomato, horseradish, lemon juice

BEERS

always alcohol-free

ON DRAUGHT.....3/6

CRAFT IN A CAN.....from 5
check out all the opions in the fridge!

QUIZ NIGHT TACOS

2 veggie tacos & a pint
5-7pm on quiz night, third wednesday of the month
£12

SOCIAL SATURDAY

salsa, sauna & **£5 pints**
from 5pm saturday evenings

LUNCH-TIME MEAL DEAL

choose from our jackets, soul bowl or home-made soup, with a soft drink
12-2pm, mon-fri, ***eat in or take away!***
£10.5

COFFEE

espresso.....3
americano.....3
filter **ask for today's roast*.....3.4
cortado.....3.5
flat white.....3.5
latte.....3.7
cappuccino.....3.7
mocha.....4.4
dirty chai.....4.4
espresso & tonic.....4.4

NOT COFFEE

chai latte.....4
matcha.....4.6
raspberry matcha.....5.2
turmeric latte.....4.2
with vanilla syrup & coconut milk
beetroot latte.....4.2
with vanilla syrup & oat milk

TEA

by the cup

breakfast, decaf, earl grey, green, rooibos.....2.8
berry, peppermint, chamomile, lemon & ginger.....3.1

by the pot (0.6l)

green.....3.8

HOT CHOC

white, milk or dark.....4
add cream or marshmallows.....0.6
both.....1

MILKS

dairy, oat or coconut

EXTRAS

syrup.....0.8
ask the team for today's options
vanilla cold foam.....1
MOTHERFUNGI.....1.2
*functional mushroom blend**
**lion's mane, cordyceps & chaga*
100% of your daily vitamin b, c & d

SOFTS

living things *prebiotic soda*.....3.2
coconut water.....3.2
trip *cbd, calm or magnesium*.....3.2
daily dose *juice*.....4.5
charitea.....3.6
tenzing.....3.6
ginger beer.....3.6
oichi kombucha.....4.2
cloudy lemonade.....3.2
humantra electrolytes.....3
mango or raspberry lemonade

SEASONAL

smoothie bar.....6.95
all options displayed at the counter
add MOTHERFUNGI.....1.2
*functional mushroom blend**

ginger hot chocolate.....5.2
with cream & ginger crumb
salted maple matcha.....5
banana bread chai.....4.4

let us know if you'd like your drink iced!

WIFI: TheLionsDen - city
STUDIO.SAUNA.SOCIAL

REFRESH

NOURISH

ALL DAY BREKKY

from 8am to 4.30pm

SIMPLY SOURDOUGH *from 7am*..2.2
one slice with your choice of toppings

HOUSE GRANOLA gf/veo.....6
yogurt, seasonal preserves

SOURDOUGH & EGGS gfo/v.....6.5
poached, scrambled or fried

SOURDOUGH & SCRAMBLED TOFU gfo/ve.....9
maple smoked tempeh, avo

SOURDOUGH & WILD MUSHROOMS gfo/veo.....9
pangratatto, salsa verde, parmesan

SOURDOUGH & AVO gfo/ve.....9
avo, pea & edamame, house cultured cashew cheese, herb oil, pomegranate

BAKED GREEN EGGS gfo/v..... 9
harissa, greens, sourdough, house chilli crisp

CHEDDAR SODA BREAD MUFFIN.....9.5
streaky bacon, poached egg, fig jam, herb oil

PANCAKES

from 8am to 4.30pm

YOGURT & SEASONAL PRESERVES veo.....7

MAPLE BUTTER veo.....7
add streaky bacon.....*2*
add smoked tempeh.....*2*

FRIED DATES & CARAMELISED BANANA veo.....8
dark chocolate sauce, squirty cream

LARGE PLATES

from 12pm to 4.30pm

SAUTÉED OYSTER MUSROOMS & POLENTA MASH gf/veo.....11
miso onion gravy, herb butter

ORZO RISOTTO veo.....11
queen beans, burnt leeks, pangratatto

WARM SALAD gf/ve.....9
kale, feta, fennel, smoked tempeh, pickled blackberries, puy lentils

WINTER ROOTS SALAD veo.....9
bulgar wheat, seasonal slaw, shredded cabbage, roasted roots, feta, toasted walnuts, spiced honey dressing

JACKETS

from 12pm to late

SMOKY BEANS & CHEDDAR gf/v.....7
on a classic jacket

TUNA & CORN gf.....8
creme fraiche, charred corn, salsa verde on a classic jacket

HARISSA BAKED SWEET POTATO gf/ve.....8
feta yogurt, ras al hanout, smoky roasted chickpeas

TAKEAWAY AVAILABLE

-

homemade pastry & bakery items at the counter

TOASTED SANDOS

from 12pm to late

CLASSIC.....8.5
norfolk ham, cheddar, pickle

CHEDDAR & STICKY BALSAMIC ONION v.....8.5

BRIE, NORFOLK BACON & FIG JAM.....9

KIMCHEESE ve.....9
caramelised house kimchi, gochuchang butter, cashew mozzarella

**our toasties are prepared in advance, so we're unable to make any ingredient changes*

BOWLS

from 12pm to late

SEASONAL SOUP gf/ve.....7.5
served with sourdough
**ask the team for today's choice*

SOUL BOWL gf/ve.....8
homely & hearty! served with sourdough
**ask the team for today's choice*

LOADED HUMMUS gfo/ve.....8
hummus, salsa verde, za'atar, toasted walnuts, pomegranate, olives, toasted sourdough

ADD-ONS

egg.....1.5
avocado /bacon / chicken / smoked tempeh.....2
halloumi.....3

gluten free gf gluten free optional gfo veggie v vegan ve vegan optional veo please let the team know if you have any allergies