

## 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 options in the fridge!*

## WHAT'S ON

### BOTTOMLESS BREAKFAST

upgrade your breakfast for a fiver!  
unlimited filter or breakfast tea  
with granola or sourdough

### SATURDAY SOCIAL

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

### WORKERS LUNCH - £9

choose from our soul bowl or seasonal  
chopped salad, plus a soft drink  
12-2pm, mon-fri, eat in or take away!

### QUIZ NIGHT TACOS - £12

2 tacos & a pint (veggie available)  
5-7pm on quiz night

# GOOD STUFF

## COFFEE

espresso.....	2.8
americano.....	2.8
filter <i>*ask for today's roast</i> .....	3
cortado.....	3.3
flat white.....	3.3
latte.....	3.4
cappuccino.....	3.4
mocha.....	3.8
dirty chai.....	4.2
espresso & tonic.....	4.2

## NOT COFFEE

chai latte.....	3.8
matcha.....	4.2
raspberry matcha.....	4.6
turmeric latte.....	3.8
<i>with vanilla syrup &amp; coconut milk</i>	
beetroot latte.....	4
<i>with vanilla syrup &amp; oat milk</i>	

## TEA

*by the cup*

breakfast or decaf.....	2.6
earl grey, green, berry, roibos, peppermint, chamomile, lemon & ginger.....	2.9

*by the pot (0.6l)*

green.....	3.4
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## HOT CHOC

white, milk or dark.....	4.2
add cream or marshmallows.....	0.5
both.....	0.8

## MILK

*dairy, oat or coconut*

## EXTRAS

syrup.....	0.7
<i>ask the team for today's options</i>	
vanilla cold foam.....	1
MOTHERFUNGI.....	1.2
<i>functional mushroom blend*</i>	

## SOFTS

living things <i>prebiotic soda</i> .....	3.2
coconut water.....	3.2
trip <i>cbd, calm or magnesium</i> .....	3.2
daily dose <i>juice</i> .....	4.5
charitea.....	3.5
tenzing.....	3.3
ginger beer.....	3.6
oichi kombucha.....	4.2

## SEASONAL

mixed berry smoothie.....	4.6
add MOTHERFUNGI.....	1.2
<i>functional mushroom blend*</i>	
cloudy lemonade.....	3.2
date aerocano.....	3.2
<i>aerated espresso, date syrup</i>	
coconut cooler.....	4.2
<i>peach purée, coconut water</i>	
mango & matcha.....	4.2
<i>mango juice, match cold foam</i>	
humantra electrolytes.....	3
<i>apricot or berry pomegranate</i>	
affogato / matchagato.....	3.5 / 4.2

*\*lion's mane, cordyceps & chaga  
100% of your daily vitamin b, c & d*

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

# REFRESH



## BREAKFAST

from 7am to 11am

*help yourself to sourdough & granola from the breakfast station*

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

veo

**HOUSE GRANOLA**.....4.5  
with your choice of seasonal toppings, yogurt, hot or cold milk

gf veo

## BRUNCH

from 8am to 2.30pm

**SIMPLY SOURDOUGH & EGGS**...5.9  
choose from poached, scrambled or fried **v** or scrambled silken tofu with kala namak **ve gfo**

**SOURDOUGH & WILD MUSHROOMS**.....7.9  
pangratatto, salsa verde, parmesan

gfo veo

**TURKISH EGGS**.....8.5  
lemon yoghurt, house chilli crisp, poached eggs, sourdough, dill & parley sauce

v

**SMOOTHIE BOWL**.....6.5  
seasonal fruits, banana, vanilla protein & our choice of toppings  
*add homemade nut butter*.....1

gf ve

## BOWLS

from 12pm to late

**GRAIN BOWL** *until 2.30pm*.....8.5  
tricolour quinoa, beetroot houmous, spinach, heritage tomatoes, pomegranate, za'atar, jammy boiled egg, whipped feta, pickled red onions

gfo ve

**SEASONAL CHOPPED SALAD**...6.5  
seasonal & local

*\*ask the team for today's choice*

veo

**SOUL BOWL**.....6  
always homely & hearty!

*\*ask the team for today's choice*

gf ve

## TOASTED SANDOS

from 12pm to late

**CLASSIC**.....7  
norfolk ham, cheddar, pickle

**MEDITERRANEAN**.....7  
mozzarella, sundried tomatoes, balsamic mayo, olive tapenade, rocket

v

## ADD-ONS

avocado.....2  
bacon.....2  
chicken.....2  
egg.....1.5  
halloumi.....3

## TAKEAWAY AVAILABLE

-  
homemade pastry & bakery items at the counter