

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!

LUNCH-TIME MEAL DEAL - £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 veggie tacos & a pint
5-7pm on quiz night (third wednesday of the month)

SATURDAY SOCIAL

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

FNIS GOOD STUFF

COFFEE

espresso.....	3
americano.....	3
filter <i>*ask for today's roast</i>	3.2
cortado.....	3.5
flat white.....	3.5
latte.....	3.6
cappuccino.....	3.6
mocha.....	4
dirty chai.....	4.4
espresso & tonic.....	4.4

NOT COFFEE

chai latte.....	4
matcha.....	4.4
raspberry matcha.....	4.8
turmeric latte.....	4
<i>with vanilla syrup & coconut milk</i>	
beetroot latte.....	4.2
<i>with vanilla syrup & oat milk</i>	

TEA

by the cup

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

by the pot (0.6l)

green.....	3.8
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HOT CHOC

white, milk or dark.....	4.4
add cream or marshmallows.....	0.6
both.....	1

MILK

dairy, oat or coconut

EXTRAS

syrup.....	0.8
<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.....	3.6
tenzing.....	3.3
ginger beer.....	3.6
oichi kombucha.....	4.2

SEASONAL

smoothie bar.....	6.95
<i>all options displayed at the counter</i>	
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.....	3.7 / 4.4

**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



BRUNCH

from 8am to 2.30pm

SIMPLY SOURDOUGH *from 7am..2.2*
one slice with your choice of toppings
help yourself from the breakfast station

veo

HOUSE GRANOLA.....4.5
granola, greek yoghurt,
blueberry compote, omega seeds

gf veo

LAYERED SMOOTHIE.....6.5
summer berries, coconut milk,
hemp & chia seeds, vanilla protein
or mango, pineapple, coconut milk,
toasted coconut, passion fruit, mint
add homemade nut butter.....1

gf ve

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

SOURDOUGH & AVO.....7.9
avo, summer pea & edamame,
house cultured cashew cheese
herb oil, pomegranate

veo

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

v

TOASTED SANDOS

from 12pm to late

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

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

v

KIMCHEESE.....7
caramelised house kimchi,
gochuchang butter, cashew mozzarella

ve

ADD-ONS

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

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plus a soft drink

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(third wednesday of the month)

BOWLS

from 12pm to late

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

gfo ve

LOADED HUMMUS.....6.5
beetroot hummus, salsa verde,
toasted walnuts, pomegranate,
olives, toasted sourdough

ve

SEASONAL CHOPPED SALAD...6.5
seasonal & local
**ask the team for today's options*

gf veo

SOUL BOWL.....6
always homely & hearty!
**ask the team for today's choice*

gf veo

TAKEAWAY AVAILABLE

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homemade pastry & bakery
items at the counter