

BRUNCH

The Wild Full Breakfast 13.50

Scrambled tofu, homemade smoky beans, sweet potato hash, garlic mushrooms, vine tomatoes, house hummus, fresh spinach, pesto drizzled sourdough toast
(contains sesame and soy, GF option available)

The Wild Breakfast Bowl 12.50

Sweet and smoky tempeh bacon, orange & carrot quinoa, sweet potato hash, garlic mushrooms, vine tomatoes, fresh spinach, house hummus and our in house made kraut
(gluten free, contains sesame, soy, sulphites and mustard)

Super Green Protein Omelette 10.00

Spinach and chickpea pancake loaded with our house hummus, sticky tamarind sautéed veggies, pea-shoots and sesame seeds
(gluten free, contains soy and sesame)

Our Famous TLT 10.00

Sweet and smoky griddle tempeh bacon with avocado, tomato, mayo and lettuce on toasted sourdough
(contains soy, mustard and gluten)

Scrambled Tofu on Toast 8.50

Toasted sourdough loaded with homemade scrambled tofu
(contains soy, sesame and gluten)

Smoky Beans on Toast 8.50

Toasted sourdough loaded with homemade smoky beans
(contains soy, sesame and gluten)

FANCY ANYTHING EXTRAS? 2.50 each

Tempeh Bacon, avocado, sweet potato hash, smoky beans, house hummus, kraut

wild root

Maple Banana Bread 9.00

Our famous banana bread toasted and topped with yoghurt, homemade jam, fresh berries, crushed pistachios and dried flowers
(gluten free, contains nuts and soy)

PB & J Toast 8.50

Toasted sourdough loaded with peanut butter, banana, homemade jam, coconut chips and dried flowers
(contains gluten and nuts)

Buckwheat Pancakes 11.00

Fresh berries, maple, yoghurt, homemade jam, crushed pistachios
(gluten free, contains soy and nuts. NFO)

Sticky stewed apples, maple, homemade granola, yoghurt, pistachios
(contains soy, gluten and nuts. NFO)

Dark chocolate, peanut butter, yoghurt, maple and banana
(gluten free, contains nuts and soy)

Smoothie Bowl 12.00

Choose one of our smoothies and we will top it with banana, fresh berries, yoghurt, granola, pistachios and coconut flakes
(please discuss allergens with staff as the allergens in our smoothies vary)

Granola Bowl 7.50

Coconut yoghurt and homemade granola topped with stewed apple and plums and fresh berries
(gluten free, contains soy)

LOAD IT UP! 1.50 each

peanut butter, granola, yoghurt, jam, stewed fruit, banana, dark chocolate, maple syrup

LUNCH

Sandwich of the Day 8.50

Choose between our bagel of the day or our ciabatta of the day!

(please ask a member of staff for today's specials and allergen information)

Add two salads or a soup of the day 12.50

Soup of the Day 7.50

Served with croutons and sourdough bread
(please ask a member of staff for today's specials and allergen information)

Add two salads or a pastry 11.50

Pastry of the Day 6.50

(please ask a member of staff for today's specials and allergen information)

Add two salads or a soup of the day 11.50

Small Plate of Salads 8.50

Choose up to two salads from our deli counter
(please ask a member of staff for today's specials and allergen information)

Large Plate of Salads 11.50

Choose up to three salads from our deli counter
(please ask a member of staff for today's specials and allergen information)

One-Pot of the Day 8.50

Homemade curry or stew of the day, served with sourdough to dip!

(please ask a member of staff for today's specials and allergen information)

Add two salads, a sandwich or a pastry 12.50

Spicy Kimcheese Toastie 10.00

Our Farmhouse Mature cheese and in-house fermented kraut toastie with spring onions and gochujang mayo
(contains soy, mustard, nuts and gluten)



HOT DRINKS

Espresso	2.75
Flat White	3.70
Americano	3.50
Cappuccino	3.95
Latte	3.95
Mocha	4.50
Turmeric Latte	4.50
Beetroot Latte	4.50
Chai Latte	3.95
Hot Chocolate	3.95
with whipped cream & marshmallows	4.95
Brew Loose Leaf Tea	3.50
English breakfast, decaf ceylon, earl grey, green, moroccan mint, lemon and ginger, apple and blackberry, chai	

All our drinks are available decaf or iced

UPGRADE YOUR M*ILK

All our drinks come with oat milk as standard
Upgrade your milk, choose from...

Plenish Oat (oil free) (GF)	0.50
Rude health almond (GF)	0.50
Rude health coconut (GF)	0.50

SOFT DRINKS

Luscombe Raspberry Crush	£2.50
Dash Raspberry Sparkling water	£2.50
LA Brewery Ginger Kombucha	£3.00
Dalston Rhubarb sparkling water	£2.50
Dalston Lemon sparkling water	£2.50
Agua De Madre	£3.50
Spritz Sauvignon + Cucumber	£3.50
Spritz Rose + Hibiscus	£3.50
Spritz Sake + Yuzu	£3.50
Neptune Beer Pacific Sunrise	£4.50
Thirsty Planet Still Water	£2.00
Thirsty Planet Sparkling Water	£2.00
Frobishers Apple Juice	£2.50
Frobishers Orange Juice	£2.50
Kids Cloudy Apple Carton	£1.50
Wild Root Cleanse Juice	£6.00
Wild Root Boost Juice	£6.00
Wild Root Immunity Juice	£6.00

FANCY SOMETHING SWEET?

See below, but also check out our deli counter for daily specials...

Cake

We have a wide selection of cakes available, please see our deli counter for today's specials (allergens vary, please see deli counter or speak to member of staff)

Raw Cakes and Bars

Gluten free, sugar free, raw cakes, (allergens vary, please see deli counter or speak to member of staff)

SMOOTHIES

Cacao Magic	6.00
Banana, cacao, peanut butter, dates, almond milk (N GF)	
Breakfast Berry	6.00
Banana, Raspberries, Chia Seeds, Yoghurt, Peanut Butter (N GF)	
The Super Green	6.00
Banana, Mango, Spinach, Chia Seeds, Spirulina, Almond Milk (N GF)	
Teddy's Special	6.00
Banana, Strawberries, Raspberries, Apple (GF)	
Tropical Sunshine	6.00
Banana, Pineapple, Papaya, Mango, Coconut (GF)	

FANCY ANYTHING EXTRA?	1.50
Shot of coffee	each
Peanut butter	
Protein powder	

