

MINIMAL MENU

LUNCH

+++SALAD BAR [EAT-IN OR TAKE-AWAY]+++
SELF-SERVE SALAD BAR, MADE FRESH DAILY, USING MOSTLY ORGANIC
PRODUCE. PLEASE SEE LABELLING TO SALAD BAR FOR INGREDIENTS
AND ALLERGEN ADVICE
PLATE [IN]£4.95
CORN FIBRE BOX [TAKE-AWAY]£4.95

+++ SOUP DAILY SPECIAL+++
MADE FROM THE FRESHEST ORGANIC PRODUCE£3.00

+++ VEGAN CHILLI/ CURRY DAILY SPECIAL+++
VEGAN CURRY OR CHILLI SERVED WITH A GRAIN£5.25

+++SOURDOUGH SLICE/ FLATBREAD+++
FRESH DAILY0.80P

SWEET TREATS

+++VEGAN CAKES [WILD HEALTH]+++
MILLIONAIRES SHORTBREAD SLICE£3.50
MINT MATCHA SLICE£3.50

+++BRETON BISCUITS: PALLETS+++
ARTISANAL TRADITIONAL PALETS HAND-DELIVERED
REGULARLY FROM DINAN
BUCKWHEAT [GF]£1.25
SALTED CARAMEL£1.25

DRINKS

+++TEA LOOSE FAIRTRADE+++
RESHLY BREWED REAL TEA SELECTION: ENGLISH BREAKFAST, EARL
GREY, GINGER TISANE, KOMBUCHA, ROOIBOS, JASMINE, MINT, FLOWER
GARDEN, CHAMOMILE.
TEAPOT [IN]£2.70
CUP [TAKE-AWAY]£2.40

+++COFFEE ORGANIC FAIRTRADE BEANS- SUMATRA+++
ESPRESSO£1.80
AMERICANO£2.00
CAPPUCCINO£2.10
LATTE£2.20
TURMERIC LATTE£3.00

+++HOT CHOCOLATE ORGANIC+++
54% CACAO SOLID, NOT FROM POWDER£2.50

+++GLASS BOTTLED BEVERAGES+++
ROSE, ELDERFLOWER, GINGER BEER, KOLA [FENTIMANS]£2.25

WATER SPARKLING [BELU]£1.50
WATER STILL [BELU]£1.50

+++ORANGE JUICE ORGANIC+++
FRESHLY SQUEEZED ORANGE JUICE [GLASS]£3.50

OUR ETHOS

OUR ETHOS THROUGHOUT IS MINIMAL IMPACT, THEREFORE, BUYING LOCAL, FRESH ORGANIC FRUIT AND VEGETABLES, WHERE POSSIBLE, IS AT THE VERY CORE OF OUR FOOD CULTURE. WE ARE PASSIONATE ABOUT FOOD AND IT'S HEALING BENEFITS. ALL OUR FOOD IS MADE FROM SCRATCH, COMBINING INGREDIENTS TO GET THE OPTIMUM HEALTH & HEALING BENEFITS FROM OUR SUPER FRESH RAW INGREDIENTS.

ORGANIC

WE USE MOSTLY ORGANIC PRODUCE, SOURCING FROM LOCAL ORGANIC FARMS AND BEYOND WHEN NOT POSSIBLE
WHAT IS UNIQUE TO OUR CONCEPT IS THAT A LOT OF THE PRODUCE WE MAKE CAN BE PURCHASED IN IT'S RAW FORM FROM OUR SHOP!

SUSTAINABILITY

WE ARE AMONGST OTHER THINGS A ZERO WASTE ESTABLISHMENT, THEREFORE, MINIMAL IMPACT PACKAGING IS AT THE CORE OF WHAT WE DO.
WE HAVE SOURCED COMPOSTABLE TAKE-AWAY CUPS AND CONTAINERS. OUR COFFEE CUPS ARE QUITE INGENUOUS AS THEY ARE DESIGNED AS ONE PAPER UNIT INCLUDING THE DRINKING SPOUT, ERADICATING PLASTIC LIDS TO LANDFILL. WE ALSO ENCOURAGE BRINGING YOUR OWN RE-USEABLE CUPS, REDUCING YOUR BILL BY 20P

ETHICS

WE PREPARE AND SERVE VEGETARIAN AND VEGAN FOOD ONLY, MINIMAL IS A MEAT AND FISH-FREE ESTABLISHMENT

NOTE: DISHES MAY CONTAIN ALLERGENS INCLUDING NUTS. IF YOU HAVE ANY DIETARY REQUIREMENTS, PLEASE, SPEAK TO A MEMBER OF STAFF