

WELCOME

**PLEASE FIND A TABLE
AND
ORDER AT THE BAR**



ABOUT

At Excalibur Cafe, we aim to bring you the **highest quality** ingredients from **local suppliers** to create a magical merging of fabulous food and amazing ambience that satisfies **body AND soul**.

Organic

By choosing to use organic produce, it means working in harmony with nature. The use of pesticides pollute the soil and the water and are also responsible for a dramatic decline in bee populations around the globe.

Plant-Based

Plant-based nutrition is gaining in popularity due to more and more people experiencing beneficial health changes from a diet containing fruits, vegetables, legumes, grains, nuts and seeds.

Speciality Coffee

Shade-grown deep within the Peruvian cloud forests by 30 families of the Mayni indigenous people. This community has found a sustainable way to grow this beautiful arabica coffee.

Cold-Pressed Juices

We use a hydraulic press that creates thousands of pounds of pressure to extract the maximum nutrients from fresh organic fruits and vegetables.

Filtered and Energised Water

All the water in the cafe passes through a cutting edge triple filtration system before going through a SEM (Super Energised MicroClustered) Triple Vortex Ceramics Conditioner.

EMF and GS Protection

Our cafe is fitted with state-of-the-art Electromagnetic Fields (EMF) and Geopathic Stress (GS) protection system.

BREAKFAST

SERVED 9-11.30

Organic | Plant-Based | Delicious

Cooked Breakfast

Full Camelot G S SD 13
Breakfast sausage, our own seitan bacon, sautéed mushrooms, oven-baked tomatoes, baked beans, wilted spinach and lightly toasted sourdough bread.

Topped Sourdough

Plain Toast G 4
Lightly toasted sourdough bread, drizzled with olive oil.

Baked Bean Toast G 7
Lightly toasted sourdough bread, topped with baked beans and fresh herbs.

Spanish Toast G 7
Lightly toasted sourdough bread, topped with grated tomato, olive oil and basil.

Mushroom Toast G N SD 9
Lightly toasted sourdough bread, served with soft cashew cheese, topped with sautéed mushrooms, garlic and fresh herbs.

Breakfast Sandwiches

Seitan Bacon Sandwich G SS S 7
Our own seitan bacon, grilled and served in lightly toasted sourdough bread. Served with sliced tomato and ketchup on the side.
Add soft cashew cheese **N** 1.50

Tofu Sausage Sandwich G SS S SD 7
Grilled tofu sausage served in lightly toasted sourdough bread. Served with caramelised onion and ketchup on the side.
Add soft cashew cheese **N** 1.50

King Arthur's Sandwich G N SS S SD 8
Grilled tofu sausage, our own seitan bacon, grilled and served in lightly toasted sourdough bread. Served with sliced tomato and ketchup on the side.
Add soft cashew cheese **N** 1.50

Breakfast Bowls

Purple Bowl N SS SD 9
Cashew and vanilla bean yogurt with a berry coulis swirl, topped with frozen berries and granola.

Monkey Bowl N 9
Cashew and vanilla bean yogurt, topped with activated almond butter, almonds and sliced banana.

Rooted Bowl N SS SD 9
Cashew and vanilla bean yogurt with a turmeric juice swirl, topped with granola and grated raw chocolate.

Percival's Porridge N SD 8
Oats with coconut oil, maple syrup, vanilla and cinnamon, topped with fresh fruit and nuts.

Extras

Soft Cashew Cheese **N** | Seitan Bacon **G S** | Each 3
Hummus **SS** | Jam Selection **SD**

Excalibur Cafe is a celebration of *tasty, vibrant* food created for you with love. *Local, organic, wildcrafted* where possible, bursting with flavour and energy. Food for the health conscious, for the curious, for the *adventurous at heart*.

ALLERGEN GUIDE

C: CELERY **G:** GLUTEN **L:** LUPIN **M:** MUSTARD **N:** NUTS **P:** PEANUTS **SS:** SESAME SEEDS **S:** SOYA **SD:** SULPHUR DIOXIDE

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LUNCH & DINNER

SERVED 12-8 BUFFET UNTIL 8.30

Organic | Plant-Based | Delicious

Buffet

By Weight 100g 2

Choose from today's selection of freshly prepared, local and seasonal dishes. Please take a plate from under the buffet counter.

Starters

Bread and Oil G 5

A selection of gently warmed sourdough, served with olive oil and balsamic.

Bread and Dips G N 7

A selection of gently warmed sourdough, served with hummus and soft soft cashew cheese.

Soup of the Day 7

See the *Chef's Specials board*.

Add sourdough bread **G** 1

Add raw crackers 2

Raw Seasonal Salad Starter 7

See *Chef's Specials board*.

Mains

Excalibur burger G SS 11

Our signature burger. Served in a specially selected turmeric sourdough roll topped with black sesame seed. Our burger is topped with caramelised onion, locally grown lettuce, cucumber carpaccio and sliced tomato with a tomato and raw onion relish on the side.

Add cashew soft cheese **N** 1.50

Add Seitan bacon **N** 1.50

Hot Dog G M S SS 9

A seeded sourdough hot dog roll, tofu sausage, caramelised onion, dijon mustard and raw onion relish.

Shepherds Pie 13

Made with lentils, potatoes, tomatoes, mixed vegetables, mushrooms and herbs topped with creamy mashed potato. Served with mixed leaves and roasted tomatoes.

Add almond Parmesan **N** 1

Raw Seasonal Salad 11

See *Chef's Specials board*.

Raw Seasonal Special 13

See *Chef's Specials board*.

Sourdough Sandwiches

Lancelot G N S 8

Named after one of the most trusted knights of the round table, this sandwich is truly trustworthy. Marinated seitan, grilled and served with crunchy cucumber, soft cashew cheese and roasted red pepper jam.

Galahad C G N S SD 8

The 'Grail Knight' named such for finding the holy grail. A vegan sausage sandwich with caramelised red onion, soft cashew cheese and kimchi.

BLT G M N S 8

Our take on the classic bacon, lettuce and tomato sandwich, made with our own seitan bacon and cashew veganaise.

Sourdough Pizza

Margherita G N 13

Tomato sauce, sliced tomato, soft cashew cheese.

Mushroom G N 14

Tomato sauce, sliced mushrooms, olives and soft cashew cheese.

Seasonal Pizza G N 14

A range of locally sourced seasonal toppings. See the *Chef's Specials board*.

Dragon's Breath G N 14

Tomato sauce, red onion, chilli, sliced tomato and soft cashew cheese.

Knight's Feast G N S SD 15

Tomato sauce, sliced tofu sausage, seitan bacon pieces, peppers, olives, mushrooms, chilli oil and soft cashew cheese.

Toppings

Hummus **SS** | Pepper | Red Onion Each 1

Mushrooms | Olives | Courgette | Chilli

Roasted Garlic

Soft Cashew Cheese **N** Seitan Bacon **G S** Each 2

Tofu Sausage **G S SD**

Sides

Soft Cashew Cheese **N** | Seitan Bacon **G S** Each 3

Hummus **SS** | Rosemary Potatoes

Potato Salad **M N S** | Mashed Potato

Coleslaw **M N S** | Mixed Olives **SD** | Mixed Salad

Sprouts | Sauerkraut | Sourdough Bread **G**

Raw Crackers

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DESSERTS

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Raw Desserts

Wolf Biscuit

Pumpkin seeds, sunflower seeds, cacao butter, flaxseeds, wolfberries, mulberries and cacao nibs.

3.50

Raw Cookie

Pumpkin seeds, sunflower seeds, flaxseeds, maple syrup, cacao powder, buckwheat and vanilla.

3.50

Chocolate Tart

Pumpkin seeds, sunflower seeds, flaxseeds, cacao powder, maple syrup, cinnamon and vanilla.

5

Raw Brownie N SD

Dates, almonds, cashews, cacao butter, carob powder, coconut oil, xylitol and desiccated coconut.

6

Ice Cream Sundae N SD

Two scoops vanilla bean cashew ice cream with raw brownie pieces and chocolate sauce.

9

Ice Cream N

Our own nut-based ice cream.

See *Chef's Specials board for flavours.*

Per Scoop 3.50

Raw Truffles

Vanilla Truffles

Cacao butter, cacao powder, maple syrup and vanilla extract.

1.50

Almond Truffles N

Almond butter, almond pieces, cacao powder, lucuma, cacao butter and maple syrup.

1.50

Coconut Truffles

Cacao butter, cacao powder, maple syrup, coconut oil, desiccated coconut and vanilla.

1.50

Hazelnut Truffles N

Cacao butter, cacao powder, maple syrup, and hazelnuts.

1.50

Peppermint Truffles

Cacao butter, cacao powder, peppermint oil and maple syrup.

1.50

Truffle Assortment

Your choice of any five truffles.

6

Baked Cakes

Ultimate Chocolate Cake N

A gluten-free dream, the modern marvel of chocolate delights. This is the cake you have been waiting for!

6

Red Velvet Cake N SD

Another gluten-free treat, this is our take on the American favourite. Made with the finest cacao, vanilla and beetroot puree, topped with a cashew cheese frosting.

6

Sticky Toffee Pudding N SD

Chef Jose's take on the classic sticky toffee. Served with our own vanilla bean cashew ice cream.

7

Raw Chocolates

Carob Kisses N

Almond mylk, activated almond butter, carob, algaroba, maca, cacao butter, lemon zest and coconut sugar.

3.50

Goji Sunrise N SD

Cacao butter, goji berries, desiccated coconut, activated almond, orange oil, lucuma and maca.

3.50

Buckwheat Bonanza

Cacao butter, cacao powder, buckwheat pieces, cinnamon, vanilla and maple syrup.

3.50

Almond Meese's Cup N

Activated almond butter, cacao powder, cacao butter and maple syrup.

4

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DRINKS

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Choice of cold-pressed mylk: Almond **N** or Hemp

Coffee

Shade-grown deep within Peruvian cloud forests by the Mayni Indigenous people.

Espresso	Short 2.25	Tall 2.75
Americano	Short 2.75	Tall 3.25
Latte	Short 3.25	Tall 3.75
Cappuccino	Short 3.25	Tall 3.75
Flat White		3.50
Piccolo		2.75
Mocha		4.50
Iced Americano (Black)		3.50
Iced Caffe Latte		4
Iced Caffe Latte with Vanilla		4.50
Iced Mocha		4.50
Iced Cold Brew		4
Immortal Coffee		5
Extras		0.75
Coconut oil Cacao Cacao butter Extra Shot		
Syrups		0.50
Vanilla Caramel Salted Caramel Almond		

Loose Tea

Served in a cast iron pot.

English Breakfast	3.75
Grown at sea level using biodynamic farming and is one of the finest organic teas from Assam.	
Earl Grey	3.75
Award-winning tea made with top grade Darjeeling hand-picked. It's steamed over Italian bergamot oil.	
Darjeeling Ootho	3.75
Known as the Champagne of teas. A perfect blend to keep you refreshed and enlivened.	
Chun Mee Green	3.75
One of China's finest green teas, with a soft aroma and sweet aftertone. Refreshing and energising.	
Jasmine Dragon Pearls	3.75
Special grade green tea is hand-rolled into pearls and steamed seven times over fresh jasmine flowers.	
Pai Mu Tan White Tea	3.75
Naturally low in caffeine. Soft, sweet, full aroma with great depth of flavour.	
White Tea Chai	3.75
High in antioxidants. Top grade, naturally low caffeine, first flush tea blended with spices.	
Iron Mercy Oolong	3.75
Oolong is semi-fermented in a process combining the best of both green and black tea.	
Berry Fruity	3.75
A zesty combination of blueberries, hibiscus and Orange Peel creating a sweet, exhilarating blend.	

Chakra Tea

Served in a cast iron pot.

Root Chakra - "I Am"	3.75
A soothing, oriental spice blend to help you feel secure and grounded. Ginger, cinnamon, liquorice, cacao peel, cardamom, clove.	
Sacral Chakra - "I Feel"	3.75
A herbal blend to encourage self-expression and creativity. Rooibos, oat straw, cacao peel, cinnamon, honeybush, vanilla.	
Solar Plexus Chakra - "I Do"	3.75
Whole leaf tea and Indian chai spice for motivation and activity. Black tea, cinnamon, orange peel, cardamom, clove.	
Heart Chakra - "I Love"	3.75
A calming and inspiring blend. Chamomile, fennel, cinnamon, lemon verbena, rose petal, star anise, cardamom, lavender.	
Throat Chakra - "I Speak"	3.75
Soothing and energising while relieving mild irritation of the throat. Lemongrass, hibiscus, lemon verbena, ginger, orange peel.	
Third Eye Chakra - "I See"	3.75
A detoxing herbal blend, soothing and cleansing. Peppermint, nettle, fennel, liquorice.	
Crown Chakra - "I Know"	3.75
Authentic Indian chai recipe with premium, 1st flush tea. Green tea, orange peel, lemon peel, cardamom, clove, star anise.	

Speciality Hot Drinks

Love Potion	8
Cacao, ashwagandha, chaga, cinnamon, maca, algaroba, pine pollen, vanilla, cayenne pepper, coconut sugar.	
Mega Tonic Latte	8
Coconut oil, chaga, reishi, he shou wu, pine pollen, schizandra, shilajit, cacao, nutmeg, coconut sugar.	
Chalice Chocolate	5
Cacao, vanilla, coconut sugar.	
Inca Chocolate	5
Cacao, cinnamon, chilli, coconut sugar.	
Turmeric Chocolate	5
Cacao, turmeric, chilli, coconut sugar and cracked black pepper.	
Matcha Latte	5
Turmeric Latte	5
Turmeric, coconut oil, cacao butter, coconut sugar and cracked black pepper.	
Chai Latte	5
Chai spices, black tea, coconut sugar.	
Cacao Chai Latte	5.50
Chai spices, black tea, cacao, coconut sugar.	

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Sparkling Soft Drinks

Filtered Sparkling Water

Triple vortex activated and energised, served with a choice of cucumber or lemon.

Old Fashioned Lemonade

50% less sugar than standard lemonade. An award-winning lemonade, a classic with a twist.

Blonde Cola

50% less sugar than your standard cola. Made with cola nuts, ginger, citrus, spices, rosemary and lavender.

Original Ginger Ale

20% less sugar than regular soft drinks. Made with real ginger root extract and lemon juice - a real spice-of-the-earth Ginger Ale.

Grapefruit

20% less sugar than regular soft drinks. An award-winning, aromatic citrus tone, perfectly balanced and thirst quenching.

Health Shots

Flu Buster Shot

This shot is sure to blow away the cobwebs, boosting your immune system with the power of cold-pressed ginger, lemon, oregano oil and maple syrup.

Sea Buckthorn Juice Shot

Pure, organic, undiluted sea buckthorn juice.

Cold-Pressed Juices

See Juices & Smoothies board for choices.

Single fruit Juice

The juice of one type of fruit.

Signature Juice

A blend of numerous fruits and vegetables with herbs or botanicals.

Smoothies

See Juices & Smoothies board for choices.

Signature Smoothie

A nutritious and delicious concoction of herbs, probiotics, berries, powders and cold-pressed ingredients.

Cold-Pressed Mylk

We make all our mylk ourselves, that way we know exactly what goes into them.

Almond Mylk N

Glass 4

Hemp Mylk N

Glass 4

Fermented Drinks

Unpasteurised, full of flavour and friendly bacteria.

Hand made in small batches and naturally carbonated like it should be.

Black Orange Kombucha

6

Dark Chocolate Kombucha

6

Blueberry and Elderberry Water Kefir

6

Soured Cherry Water Kefir

6

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White Wine

Wild Thing Sauvignon Blanc, Spain SD Bottle 19
A lively, fresh and uplifting dry white. 125ml 5
Bursting with citrus and stonefruit flavours. 175ml 6
Each bottle supports the Born Free 250ml 7
Foundation Charity.

Organic Roots Blanc, France SD Bottle 20
A pleasantly dry and fruity white.
Well balanced and crisp.

Hoopoe Pinot Grigio, Italy SD Bottle 22
A Sicilian white bursting with ripe
peach and apple flavours.

Red Wine

Wild Thing Merlot, Spain SD Bottle 19
A wonderfully soft, ripe and easy drinking 125ml 5
smooth red. Each bottle supports 175ml 6
the Born Free Foundation Charity. 250ml 7

Organic Roots Rouge, France SD Bottle 20
A charming red, with juicy summer
berry-filled fruit flavours.

Adobe Malbec, Chile SD Bottle 22
Deep ruby, with aromas of plums,
mocha and blackberries.

Rosé

Wild Thing Rosé, Spain SD Bottle 19
A refreshing and fruity rosé with flavours 125ml 5
of raspberry, strawberry and cranberry. 175ml 6
Each bottle supports the Born Free 250ml 7
Foundation Charity.

Beer & Cider

Freedom Helles Lager, Staffordshire G 5
Pale, floral, crisp and balanced.

Samual Smith Pale Ale, Yorkshire G 5
A full bodied, rounded pale ale.
Brewed at Yorkshire's oldest brewery.

Cannabia G 5
A secret combination of organic hops and
cannabis, gives an unmistakable hemp aroma.

Sheppy's Somerset Cider, England G 6
Some unusual old apple varieties like Dove and
Hangdown go into this medium cider.

Ashridge Devon Blush Organic Cider G 5
A fruity, lightly carbonated medium cider with
added blackberry.

Ashridge Vintage Organic Cider G 5
A fruity aromatic cider with great depth of flavour.
A medium dry cider, lightly carbonated.

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