

# Organic | Plant-Based | Delicious

## BREAKFAST

SERVED 9-11.30

### Cooked Breakfast

#### Full Camelot **G S SD** 12

Breakfast sausage, our own 'bacon', sauteed mushrooms, oven-baked cherry vine tomatoes, our own baked beans, wilted spinach and lightly toasted sourdough bread

### Topped Sourdough

#### Plain and Simple **G** 4

Lightly toasted sourdough bread, served with coconut oil

#### Bean and Gone **G** 7

Lightly toasted sourdough bread, topped with our own baked beans and fresh herbs

#### Ain't Mushroom for Much Else **G SD** 8

Lightly toasted sourdough bread, topped with sautéed mushrooms, garlic and fresh herbs

#### Jose's Spanish Toast **G** 7

Lightly toasted sourdough bread, topped with grated tomato, olive oil and basil

### Breakfast Sandwiches

#### Sausage Sandwich **G S SD** 6

Grilled tofu sausages served between lightly toasted sourdough bread with tomato ketchup

#### 'Bacon' Sandwich **G S** 6

Our own 'bacon', grilled and served between lightly toasted sourdough bread with tomato ketchup

#### King Arthur's Sandwich **G S SD** 8

Grilled tofu sausages, our own 'bacon', grilled and served between lightly toasted sourdough bread with tomato ketchup

### Breakfast Bowls

#### The Purple Bowl **N** 8

Cashew and vanilla bean yogurt with a berry coulis swirl, topped with frozen berries and granola

#### Monkey Bowl **N** 8

Cashew and vanilla bean yogurt, topped with activated almond butter, almonds and sliced banana

#### Rooted Bowl **N** 8

Cashew and vanilla bean yogurt with a turmeric juice swirl, topped with granola and grated raw chocolate

#### Percival's Porridge **N** 7

Oats with coconut oil, maple syrup, vanilla and cinnamon, topped with fresh fruit and nuts

### Extras

#### Cashew Cheese **N** 3

Stoneground cashew nut cheese

#### Hummus **SS** 3

Made with our own tahini

#### Jam Selection 3

A mixed selection of organic fruit preserves

#### 'Bacon' **G S** 3

Our own vegan 'bacon'

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

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## BUFFET

SERVED 12-8:30

A wide selection of vibrant salads and hot dishes. Eat in or takeaway.

By Weight 100g 1.80 All You Can Eat Per Person 14

## FROM THE KITCHEN

SERVED FROM 12 - 8PM

### Excalibur burger G SS N

We slow roast red peppers and chickpeas to make this incredible burger. Served in our specially selected sourdough bun topped with roasted seeds and filled with lettuce, cucumber, carpaccio and tomato

Add cashew cheese N

Add 'Bacon' G S

### Shepherds Pie

Our take on the British classic. Made with lentils, potatoes, tomatoes, mixed vegetables and herbs. Topped with creamy mashed potato. Served with mixed leaves and roasted cherry tomatoes.

Add almond 'Parmesan' N

9

1.50

1.50

12

1

### Hot Dog G M S S S

Sourdough roll, tofu sausage, caramelised onion, dijon mustard, raw onion relish.

### Soup of the Day G

Served with sourdough bread.

See the Chef's Specials board

### Chef's Raw Special

A entirely raw and seasonal dish.

See the Chef's Specials board

8

7

11

Add a Side to Any Dish

Each

2.50

## SOURDOUGH PIZZA

SERVED FROM 12 - 8PM

### Margherita G N

Tomato sauce, sliced tomato, cashew cheese and basil

### Dragon's Breath G N

Tomato sauce, caramelised red onion, chilli, sliced tomato, cashew cheese and basil

12

14

### Seasonal Pizza G N

A range of locally sourced seasonal toppings.

See the Chef's Specials board

### Toppings

Cashew cheese N | Hummus SS | Pepper

Red Onion | Caramelised Onion | Mushrooms

Olives | Courgette | Rocket | Chilli | Roasted Garlic

14

Each

1

## SANDWICHES

SERVED FROM 12 - 8PM

All of our sandwiches are made with lightly toasted sourdough bread

### Lancelot G S N

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, cashew cheese and roasted red

pepper jam

### Galahad G S D S C N

The 'Grail Knight' named such for finding the holy grail. A vegan sausage sandwich with

caramelised red onion, cashew cheese and kimchi

7

7

### BLT G N M S

Our take on the classic 'bacon', lettuce and tomato sandwich, made with our own 'bacon' and cashew veganise

7

Add a Side to Any Sandwich

Each

2.50

## SIDES

SERVED FROM 12 - 8PM

### Rosemary Potatoes

3.50

### Potato Salad

3.50

### Mashed Potato

3.50

### Coleslaw N

3.50

### Cashew Cheese N

3.50

### Hummus SS

3.50

### Mixed Salad

3.50

### Sprouts

3.50

### Sauerkraut

3.50

### Sourdough Bread G

3.50

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## RAW DESSERTS

SERVED ALL DAY

<b>Ice Cream Sundae N</b> Two scoops vanilla bean cashew ice cream with raw brownie pieces and chocolate sauce	8	<b>Wolf Biscuit</b> Pumpkin seed, sunflower seed, cacao butter, flaxseed, wolfberry, mulberry and cacao nibs	3
<b>Ice Cream N</b> Our own nut-based ice cream. See the Chef's Specials board for flavours	Per Scoop 3	<b>Carob Tart</b> Pumpkin seeds, sunflower seeds, flaxseeds, carob, maca, algaroba and nutmeg	4
<b>Brownie N</b> Dates, almonds, cashews, cacao butter, carob powder, coconut oil, xylitol and desiccated coconut	5	<b>Chocolate Tart</b> Pumpkin seeds, sunflower seeds, flaxseeds, cacao powder, maple syrup, cinnamon, and vanilla	4
<b>Cookie</b> Pumpkin seeds, sunflower seeds, flaxseeds, maple syrup, cacao powder, buckwheat and vanilla	2		

## BAKED CAKES

SERVED ALL DAY

<b>Ultimate Chocolate Cake N</b> A Gluten-free dream, the modern marvel of chocolate delights. This is the cake you have been waiting for!	5	<b>Cake of the Day N</b> Made by our very own Chef Katie, this will be sure not to disappoint. Made with seasonally available ingredients and flavours	5
<b>Red Velvet Cake N SD</b> 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 and chocolate shards	5	<b>Sticky Toffee Pudding N</b> Chef Joses take on the classic sticky toffee. Served with homemade vanilla bean cashew ice cream	6

## CHOCOLATES & TRUFFLES

SERVED ALL DAY

<b>Lucuma Matata</b> Cacao butter, lucuma, maca and coconut oil	3	<b>Plain Jane Truffle</b> Cacao butter, cacao powder, maple syrup and vanilla extract	1.50
<b>Plain Jane Chocolate</b> Cacao butter, cacao powder, maple syrup	3	<b>Almond Truffle N</b> Almond butter, almond pieces, cacao powder, lucuma, cacao butter and maple syrup	1.50
<b>Sweet Treat N</b> Cacao butter, cacao powder, almond milk, vanilla, maple syrup, lemon zest and coconut	3	<b>Coconut Truffle</b> Cacao butter, cacao powder, maple syrup, coconut oil, desiccated coconut and vanilla	1.50
<b>Almond Meeses Cup N</b> Almond butter, cacao powder, cacao butter, maple syrup	3	<b>Hazelnut Truffle N</b> Cacao butter, cacao powder, maple syrup, and hazelnuts	1.50
<b>Truffle Assortment</b> Your choice of any five truffles	5	<b>Peppermint Truffle</b> Cacao butter, cacao powder, peppermint oil and maple syrup	1.50

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## COFFEE

Single origin specialty coffee. Organic shade grown. Decaffeinated option available  
Choice of mylk: almond **N**, hemp or oat

<b>Immortal Coffee</b> Cacao butter, coconut oil, coconut sugar	<b>4.50</b>	<b>Espresso</b>	<b>2.5</b>
<b>Mocha</b>	<b>4</b>	<b>Americano</b>	<b>3</b>
<b>Latte</b>	<b>3.50</b>	<b>Iced Caffé Latte</b>	<b>4</b>
<b>Vanilla Latte</b>	<b>4</b>	<b>Iced Caffé Latte with Vanilla</b>	<b>4.50</b>
<b>Cappuccino</b>	<b>3.50</b>	<b>Iced Mocha</b>	<b>4.50</b>
<b>Flat White</b>	<b>3</b>	<b>Extras</b> Coconut oil   Cacao   Cacao butter   Vanilla Syrup	<b>0.50</b>

## HOT DRINKS

Made with highest quality herbal extracts for maximum potency.  
Choice of mylk: almond **N**, hemp or oat

<b>Chalice Chocolate</b> Cacao, vanilla, coconut sugar	<b>4.50</b>	<b>Matcha Latte</b>	<b>4.50</b>
<b>Inca Chocolate</b> Cacao, cinnamon, chilli, coconut sugar	<b>4.50</b>	<b>Vanilla Matcha Latte</b> Matcha, vanilla	<b>4.50</b>
<b>Turmeric Chocolate</b> Cacao, turmeric, chilli, coconut sugar	<b>4.50</b>	<b>Turmeric Latte</b> Turmeric, coconut oil, cacao butter, coconut sugar	<b>4.50</b>
<b>Love Potion</b> Cacao, ashwagandha, chaga, cinnamon, maca, algaroba, pine pollen, vanilla, cayenne pepper, coconut sugar	<b>7</b>	<b>Chai Latte</b> Chai spices, black tea, coconut sugar	<b>4.50</b>
<b>Mega Tonic Latte</b> Coconut oil, chaga, reishi, he shou wu, pine pollen, schizandra, shilajit, cacao, nutmeg, coconut sugar	<b>7</b>	<b>Cacao Chai Latte</b> Chai spices, black tea, cacao, coconut sugar	<b>5</b>
		<b>Extras</b> Coconut oil   Cacao   Cacao butter   Vanilla Syrup	<b>0.50</b>

## JUICES & SMOOTHIES

Choose from our cold-pressed, fresh and seasonal selection on our smoothies and juices board

<b>Juices</b> The juice of one fruit or vegetable	200ml <b>4</b> 300ml <b>6</b>	<b>Smoothies</b> 200ml <b>5</b> 300ml <b>7.50</b>
<b>Signature Juices</b> A blend of numerous fruits and vegetables	200ml <b>5</b> 300ml <b>7.50</b>	

## SHOTS

<b>Flu Buster</b> Ginger, lemon, oregano oil, maple syrup.	<b>4</b>	<b>Sea Buckthorn Juice</b> Undiluted sea buckthorn juice.	<b>3</b>
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## COLD DRINKS

<b>Soft Drinks</b> Choose from Cola, Lemonade, Orangeade, Ginger Ale and Elderflower	<b>3.50</b>	<b>Filtered Sparkling Water</b> Triple vortex activated and energised, served with a choice of cucumber or lemon	Glass <b>2</b> Jug <b>4</b>
<b>Mylk N</b> We make all our mylk ourselves, that way we know exactly what goes into them. Choose from almond, hemp or oat. 100% Organic	200ml <b>3</b> 300ml <b>4.50</b>		

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## LOOSE TEA

These top grade, certified organic teas have been carefully selected by Solaris Tea's own master tea blender

<b>English Breakfast</b> Grown at sea level using bio-dynamic farming and is one of the finest organic teas from Assam	3.50	<b>Pai Mu Tan White Tea</b> Naturally low in caffeine. Soft, sweet, full aroma with great depth of flavour	3.50
<b>Earl Grey</b> Award-winning tea made with top grade Darjeeling hand-picked. It's steamed over Italian bergamot oil	3.50	<b>White Tea Chai</b> High in antioxidants. Top grade, naturally low caffeine, first flush tea blended with spices	3.50
<b>Darjeeling Ootho</b> Known as the Champagne of teas. A perfect blend to keep you refreshed and enlivened	3.50	<b>Iron Mercy Oolong</b> Oolong is semi-fermented in a process combining the best of both green and black tea	3.50
<b>Chun Mee Green</b> One of China's finest green teas, with a soft aroma and sweet aftertone. Refreshing and energising	3.50	<b>Berry Fruity</b> A zesty combination of Blueberries, Hibiscus and Orange Peel creating a sweet, exhilarating blend	3.50
<b>Jasmine Dragon Pearls</b> Special grade green tea is hand-rolled into pearls and steamed seven times over fresh jasmine flowers	3.50		

## CHAKRA TEA

Solaris Tea created their Be Better range of chakra teas out of a fusion of passions: yoga and herbal medicine. Each blend is carefully crafted to support the different body chakras. Sit down and relax with a pot of the blend of your choice. Also available in our shop

<b>Root Chakra - "I Am"</b> A soothing, oriental spice blend to help you feel secure and grounded. Ginger, cinnamon, liquorice, cacao peel, cardamom, clove	3.50	<b>Throat Chakra - "I Speak"</b> Soothing and energising while relieving mild irritation of the throat. Lemongrass, hibiscus, lemon verbena, ginger, orange peel	3.50
<b>Sacral Chakra - "I Feel"</b> A herbal blend to encourage self-expression and creativity. Rooibos, oat straw, cacao peel, cinnamon, honeybush, vanilla	3.50	<b>Third Eye Chakra - "I See"</b> A detoxing herbal blend, soothing and cleansing. Peppermint, nettle, fennel, liquorice	3.50
<b>Solar Plexus Chakra - "I Do"</b> Whole leaf tea and Indian chai spice for motivation and activity. Black tea, cinnamon, orange peel, cardamom, clove	3.50	<b>Crown Chakra - "I Know"</b> Authentic Indian chai recipe with premium, 1st flush tea. Green tea, orange peel, lemon peel, cardamom, clove, star anise	3.50
<b>Heart Chakra - "I Love"</b> A calming and inspiring blend. Chamomile, fennel, cinnamon, lemon verbena, rose petal, star anise, cardamom, lavender	3.50		

## FLOWERING TEA

Watch as these teas open magically before your eyes. Flora Teas are individual balls of green tea tied together by hand with dried aromatic flowers. When you add boiling water, the leaves unfurl to reveal a beautiful flower display. Pesticide-free, pure and natural. Served in a 450ml glass for dramatic effect!

<b>Aromatic Mayflower</b> Green tea, lily, sweet-scented osmanthus	4	<b>Summer Love</b> Green tea, carnation, sweet-scented osmanthus	4
<b>Flying Snow</b> Green tea, marigold, fruit fibre	4		

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## WHITE WINE

### Wild Thing Sauvignon Blanc, Spain **SD**

A lively, fresh and uplifting dry white  
Bursting with citrus and stonefruit flavours  
Each bottle supports the Born Free  
Foundation Charity

Bottle **19**  
125ml **5**  
175ml **6**  
250ml **7**

### Organic Roots Blanc, France **SD**

A pleasantly dry and fruity white.  
Well balanced and crisp

Bottle **20**

### Hoopoe Pinot Grigio, Italy **SD**

A Sicilian white bursting with ripe  
peach and apple flavours

Bottle **22**

## RED WINE

### Wild Thing Merlot, Spain **SD**

A wonderfully soft, ripe and easy drinking  
smooth red. Each bottle supports  
the Born Free Foundation Charity

Bottle **19**  
125ml **5**  
175ml **6**  
250ml **7**

### Organic Roots Rouge, France **SD**

A charming red, with juicy summer  
berry-filled fruit flavours

Bottle **20**

### Adobe Malbec, Chile **SD**

Deep ruby, with aromas of plums,  
mocha and blackberries. An inviting wine

Bottle **22**

## ROSÉ

### Wild Thing Rosé, Spain **SD**

A refreshing and fruity rosé with flavours  
of raspberry, strawberry and cranberry.  
Each bottle supports the Born Free  
Foundation Charity

Bottle **19**  
125ml **5**  
175ml **6**  
250ml **7**

## BEER & CIDER

### Freedom Helles Lager, Staffordshire **G**

Pale, floral, crisp and balanced

**4.50**

### Samual Smith Pale Ale, Yorkshire **G**

A full bodied, rounded pale ale.  
Brewed at Yorkshire's oldest brewery

**4.50**

### Cannabia **G**

A secret combination of organic hops and  
cannabis, gives an unmistakable hemp aroma

**5**

### Sheppy's Somerset Cider, England **G**

Some unusual old apple varieties like Dove and  
Hangdown go into this medium cider

**6**

### Ashridge Devon Blush Organic Cider **G**

A fruity, lightly carbonated medium cider with  
added blackberry

**5**

### Ashridge Vintage Organic Cider **G**

A fruity aromatic cider with great depth of flavour.  
A medium dry cider, lightly carbonated

**5**

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