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# ARTHUR'S FEAST

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SERVED 12-8:30

**Buffet O V** Side plate **4** Regular plate **8** Large plate **12**  
Choose from a wide selection of vibrant organic salads, sprouts, hot dishes  
and dressings freshly prepared from the kitchen. Eat in or takeaway.

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## BREAKFAST

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SERVED 9-11.30

<b>Camelot O V G S S D</b>	<b>14</b>	<b>Percival's Porridge O V</b>	<b>7</b>
Two Taifun sausages, fried mushrooms, baked beans, grilled tomato, sourdough toast. Add cashew cheese <b>N</b>	<b>2</b>	Oats, coconut oil, maple syrup, vanilla, cinnamon. Add fresh fruit and nuts <b>N</b>	<b>2</b>
<b>Continental O V G</b>	<b>7</b>	<b>Fruit Bowl O V R</b>	<b>7</b>
Sourdough toast, hummus <b>SS</b> , jams (blackberry, strawberry, orange). Add cashew cheese <b>N</b>	<b>2</b>	A selection of fresh seasonal fruits. Add cashew yogurt <b>N</b>	<b>2</b>
<b>Merlin's Magic O V G</b>	<b>11</b>		
Cashew cheese <b>N</b> or hummus <b>SS</b> baked on sourdough bread sprinkled with spring onion. Toppings: mushrooms, baked beans, scrambled flax eggs or sprouts.			

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## FROM THE KITCHEN

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SERVED 12-8

<b>Black Bean Burger O V G</b>	Small <b>9</b> Regular <b>14</b>	<b>Tristan Sandwich O V G S</b>	<b>9</b>
Sourdough bun, black beans, rice, onion barbeque sauce, coriander, paprika, olives. Choice of side: potato wedges, coleslaw <b>N</b> or potato salad. Add cashew cheese <b>N</b>		Cashew cheese <b>N</b> or hummus <b>SS</b> baked on sourdough bread. Herb tomato, red onion, black olives, oregano. Choice of side: potato wedges, coleslaw <b>N</b> or potato salad.	
<b>Sweet Potato Burger O V G</b>	Small <b>9</b> Regular <b>14</b>	<b>Dish of the Day O V</b>	<b>14</b>
Sourdough bun, sweet potato, quinoa, chickpea flour, onion, garlic, coriander, flaxseed. Choice of side: potato wedges, coleslaw <b>N</b> or potato salad. Add cashew cheese <b>N</b>		See our Chef's Specials board.	
<b>Hot Dog O V G M S</b>	<b>14</b>	<b>Soup of the Day O V G</b>	<b>7</b>
Sourdough roll, Taifun sausage, caramelised onion, dijon mustard, raw onion relish. Side: mashed potato.		See our Chef's Specials board. Served with sourdough bread.	
<b>Gawain Sandwich O V G S</b>	<b>9</b>	<b>Salad of the Day O V</b>	<b>11</b>
Cashew cheese <b>N</b> or hummus <b>SS</b> baked on sourdough bread. Rocket, cucumber carpaccio, spring onion. Choice of side: potato wedges, coleslaw <b>N</b> or potato salad.		See our Chef's Specials board.	
		<b>Side Orders O V</b>	<b>4</b>
		Cashew cheese <b>N</b> , hummus <b>SS</b> , potato wedges, coleslaw <b>N</b> , potato salad, mashed potato, wild rice, mixed leaf salad, sauerkraut, sourdough bread basket <b>G</b> .	

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## SOURDOUGH PIZZA

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SERVED 12-8

<b>Margherita O V G</b>	Small <b>8</b> Regular <b>13</b>	<b>Potato and Leek O V G</b>	Small <b>9</b> Regular <b>14</b>
Cashew cheese <b>N</b> or hummus <b>SS</b> , tomato sauce, tomato slices.		Cashew cheese <b>N</b> or hummus <b>SS</b> , tomato sauce, potato, leek, onion.	
<b>Mushroom O V G</b>	Small <b>9</b> Regular <b>14</b>	<b>Dragon's Breath O V G</b>	Small <b>9</b> Regular <b>14</b>
Cashew cheese <b>N</b> or hummus <b>SS</b> , tomato sauce, mushroom, olives, thyme.		Cashew cheese <b>N</b> or hummus <b>SS</b> , tomato, sauce, red onion, chilli, tomato slices, basil.	
<b>Mediterranean O V G</b>	Small <b>9</b> Regular <b>14</b>	<b>Extra Toppings O V</b>	Each <b>1</b>
Cashew cheese <b>N</b> or hummus <b>SS</b> , tomato sauce, garlic, red onion, red pepper, courgette, rosemary.		Cashew cheese <b>N</b> , hummus <b>SS</b> , red pepper, red onion, caramelised onion, mushrooms, olives, courgette, rocket, chilli, roasted garlic, basil, rosemary, thyme.	
<b>Barbeque O V G</b>	Small <b>9</b> Regular <b>14</b>		
Cashew cheese <b>N</b> or hummus <b>SS</b> , barbeque sauce, roast vegetables red onion, sweet corn.			

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## DESSERTS

SERVED ALL DAY

<b>Fruit Platter O V R</b> A selection of fresh seasonal fruits. Add cashew yogurt <b>N</b>		<b>9</b>	<b>Raw Cookie O V R</b> Pumpkin seeds, sunflower seeds, flaxseeds, maple syrup, cacao, buckwheat, vanilla.	<b>2</b>
<b>Raw Brownie O V R N</b> Dates, almonds, walnuts, cashews, cacao, coconut oil, air-dried raspberry, xylitol.	Regular	<b>4</b>	<b>Raw Vanilla Truffle O V R</b> Cacao, maple syrup, lecithin, coconut oil, cinnamon, vanilla.	<b>1</b>
	Large	<b>6</b>	<b>Raw Raspberry Truffle O V R</b> Cacao, maple syrup, lecithin, coconut oil, raspberry, coconut.	<b>1</b>
<b>Brownie O V</b> Gluten-free flour, sugar, cacao, hemp milk, coconut oil, vanilla, flaxseed, baking powder.	Regular	<b>4</b>	<b>Cashew Tri-Full O V R N</b> Cashews, cacao, buckwheat, maple syrup, carob, raspberry, vanilla, probiotics.	<b>5</b>
	Large	<b>6</b>	<b>Chocolate Tart O V R</b> Pumpkin seeds, sunflower seeds, flaxseeds, cacao, maple syrup, cinnamon, coconut oil, lecithin, vanilla, salt.	<b>4</b>
<b>Orange Chai Cake O V</b> Gluten-free flour, coconut sugar, chai mix, orange, olive oil.		<b>5</b>	<b>Raspberry Tart O V R</b> Pumpkin seeds, sunflower seeds, flaxseeds, cacao butter, lacuma, maca, coconut oil, raspberry, salt.	<b>4</b>
<b>Chocolate Orange Marble Cake O V</b> Gluten-free flour, coconut sugar, cacao, hemp milk, sunflower oil, vanilla.		<b>5</b>		
<b>Dragon Pie O V R</b> Pumpkin seeds, sunflower seeds, flaxseeds, carob, maca, algaroba, lecithin, nutmeg, salt.		<b>4</b>		

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## RAW BISCUITS

SERVED ALL DAY

<b>Wolf O V R</b> Pumpkin seed, sunflower seed, cacao powder, cacao butter, flaxseed, wolfberry, cacao nibs, salt.		<b>2</b>	<b>Carob Cream O V R N</b> Pumpkin seed, sunflower seed, flaxseed, carob, almond, maca, xylitol, salt	<b>3</b>
<b>Mulberry O V R</b> Pumpkin seed, sunflower seed, flaxseed, cacao powder, cacao butter, mulberry, cacao nibs, xylitol, vanilla, salt.		<b>2</b>	<b>Raspberry Sandwich O V R</b> Pumpkin seed, sunflower seed, flaxseed, cacao powder, coconut oil, raspberry, salt.	<b>3</b>

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## RAW CHOCOLATE

SERVED ALL DAY

<b>Lucuma Matata O V R</b> Cacao butter, lucuma, maca, raw cane sugar, coconut oil, raspberry.		<b>3</b>	<b>Choco Delight O V R</b> Cacao butter, cacao powder, maple syrup.	<b>3</b>
<b>Chilli Surprise O V R</b> Cacao butter, cacao powder, maple syrup, cayenne.		<b>3</b>	<b>Almond Surprise O V R N</b> Almond butter, cacao powder, cacao butter, maple syrup.	<b>3</b>
<b>Sweet Treat O V R N</b> Cacao butter, cacao powder, almond milk, vanilla, maple syrup, lemon zest.		<b>3</b>		

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## COLD-PRESSED JUICES AND SMOOTHIES

Choose from our fresh, organic and seasonal selection at the Juice Bar.

<b>Juices O V</b>	200ml	<b>4</b>	<b>Smoothies O V</b>	200ml	<b>5</b>
See the Juices & Smoothies board.	300ml	<b>6</b>	See the Juices & Smoothies board.	300ml	<b>7.50</b>
<b>Signature Juices O V</b>	200ml	<b>5</b>	<b>Superfood Boosters O V GF</b>	each	<b>1.50</b>
See the Juices & Smoothies board.	300ml	<b>7.50</b>	Add maca, spirulina or wheatgrass to any of the juices and smoothies.		

## SHOTS

<b>Flu Buster O V R</b>	<b>4</b>	<b>Sea Buckthorn Juice O</b>	<b>4</b>
Ginger, lemon, oregano oil, maple syrup.		Undiluted sea buckthorn juice.	
<b>Sea Buckthorn Boost O V</b>	<b>4</b>	<b>Kraut Juice O R</b>	<b>2</b>
Sea buckthorn, apple, ginger, lemon, oregano oil, maple syrup.		Raw fermented sauerkraut juice.	

## COLD DRINKS

<b>Whole Earth Sparkling Drinks O V</b>	<b>3</b>	<b>Filtered Water</b>	Jug	<b>2</b>	
Choose from cola, cranberry, elderflower, lemonade or ginger.		Triple vortex activated and energised, served with a choice of cucumber or lemon.			
<b>Mylk O R V N</b>	200ml	<b>3</b>	<b>Filtered Sparkling Water</b>	Jug	<b>4</b>
Almond, hemp, tiger nut or oat.	300ml	<b>4.50</b>	Triple vortex activated and energised, served with a choice of cucumber or lemon.	Glass	<b>2</b>

## SPECIALITY HOT DRINKS

Made with highest quality herbal extracts for maximum potency.  
Choice of mylk: almond, hemp, tiger nut, oat.

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

## SHADE-GROWN COFFEE

Triple Certified by Fairtrade, Rainforest Alliance and the Soil Association.  
Choice of mylk: almond, hemp, tiger nut, oat. Decaffeinated option available.

<b>Immortal Coffee O V</b>	<b>4.50</b>	<b>Flat White O V</b>	<b>3</b>
Cacao butter, coconut oil, coconut sugar.		<b>Espresso O V</b>	<b>3</b>
<b>Mocha O V</b>	<b>4</b>	<b>Americano O V</b>	<b>3</b>
<b>Latte O V</b>	<b>3.50</b>	<b>Extras O V</b>	<b>0.50</b>
<b>Cappuccino O V</b>	<b>3.50</b>	Add coconut oil, cacao, cacao butter or turmeric juice.	

If you enjoyed The Excalibur Experience, please let others know.  
If you didn't, please let us know and we will do our best to put it right.














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## LOOSE TEAS

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

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

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## CHAKRA TEAS

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

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## FLOWERING TEAS

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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>Lily Fairy</b> 	4	<b>Aromatic Mayflower</b> 	4
Green tea, lily, jasmine.		Green tea, lily, sweet-scented osmanthus.	
<b>Flower Lover</b> 	4	<b>Flying Snow</b> 	4
Green tea, chrysanthemum, globe amaranth, jasmine.		Green tea, marigold, fruit fibre.	
<b>Jasmine With Love</b> 	4	<b>Heart's Desire</b> 	4
Green tea, jasmine.		Green tea, rose, lily.	
<b>Oriental Beauty</b> 	4	<b>Summer Love</b> 	4
Green tea, marigold, jasmine.		Green tea, carnation, sweet-scented osmanthus.	

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# ELIXIR LIVING TEA

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Elixir Living Tea source the cleanest teas on the planet. Soil Association certified organic, biodynamic and wild-harvested plant medicines from the world's most pristine environments. Elixir Tea jars are also available in our shop.

## Half Moon Jasmine O

4.50

Half Moon Jasmine is the billowing breeze of our organic living teas. An organic, living green tea scented with fresh jasmine blossoms. It is used traditionally to cool the body and enliven the senses.

**Origin:** Fresh, tips of spring green tea from Jiangxi are scented in late summer with hand-picked, wild jasmine blossoms.

**Flavour:** Fresh, light and lively with notes of orange blossom and flowers. Sweet then slightly bitter, as the sun follows the moon.

**Benefits:** Cooling and comforting living tea which refreshes and revives

## Thousand Petal O

4.50

Thousand Petal Rose is the 'heart balm' of our organic, living teas. Rose petals and green tea are used traditionally to soothe the heart and quieten the mind.

**Origin:** Organic, living green tea from the peaks of central China blended with wild rose petals hand-picked in Sichuan Province.

**Flavour:** Sweet, soft and clean with a heady, natural rose fragrance.

**Benefits:** Warming, calming and comforting. .

## Hidden Amber O

4.50

Hidden Amber is the 'chicken soup' of organic, living teas. It is a post-fermented, cooked puerh tea used in traditional medicine as a tonic to support digestive function.

**Origin:** Harvested from wild tea trees in the sub-tropical forests of Yunnan, Southern China. Yunnan 's biodiversity is unique - home to over 17,000 plant species including nearly half of Chinese and Tibetan medicinal herbs.

**Flavour:** Sweet, earthy, rich and brothy.

Notes of wet hay, strawberry and black pepper.

**Benefits:** Nourishing, grounding and sustaining for the digestion. Can be drunk throughout the day.

## Yunnan Peak O

4.50

Yunnan Peak is like a 'Zen espresso'. Invigorating, stimulating, reviving - delivering you a calm, clear mind. It is a fermented, raw puerh tea used in traditionally to enliven the mind and boost energy.

**Origin:** Harvested from wild tea trees in the sub-tropical forests of Yunnan, Southern China. Yunnan's biodiversity is unique - home to over 17,000 plant species including nearly half of Chinese and Tibetan herbs.

**Flavour:** Bright, clean, fruity with a hint of bitterness and a sweet aftertaste.

**Benefits:** Cleanly invigorating, stimulating and energising.

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## RED WINE

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**Adobe Malbec, Chile O V SD**

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

Bottle 21  
125ml 5  
175ml 6  
250ml 8

**Red Wine of the Month O V GF**

Try one of our specially selected seasonal wines. See our specials board or ask the staff.

Bottle 23

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## WHITE WINE

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**Hoopoe Pinot Grigio, Italy O V SD**

A Sicilian white bursting with ripe peach and apple flavours.

Bottle 21  
125ml 5  
175ml 6  
250ml 8

**White Wine of the Month O V GF**

Try one of our specially selected seasonal wines. See our specials board or ask the staff.

Bottle 23

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## BEER, CIDER AND MEAD

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**Cannabia O V**

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

5

**Hepworth GF Blonde Lager, Belgium O V**

Cold filtration and Hallertau hops deliver a floral note and pure flavours.

5

**Aspall's Organic Suffolk Cyder, England O V G**

Rich, initially full and slightly sweet, with good balancing acidity and a long dry finish.

6

**Sheppy's Somerset Cider, England O V G**

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

6

**Ashridge Devon Blush Organic Cider O V G**

A fruity, lightly carbonated medium cider with added blackberry.

6

**Ashridge Vintage Organic Cider O V G**

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

6

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