

## BREAKFAST

SERVED 9-11.30

<b>Camelot</b> <b>G S SD</b>	<b>14</b>	<b>Percival's Porridge</b> <b>N</b>	<b>7</b>
Taifun sausages, sautéed mushrooms, baked beans, oven-baked tomato and sourdough toast		Oats with coconut oil, maple syrup, vanilla and cinnamon, topped with fresh fruit and nuts	
Add cashew cheese <b>N</b>	<b>2</b>	<b>Continental</b> <b>G SS</b>	<b>7</b>
<b>Merlin's Magic</b> <b>G</b>	<b>11</b>	Sourdough toast served with a side of hummus and a variety of seasonal jams	
Cashew cheese <b>N</b> or hummus <b>SS</b> baked on sourdough bread with spring onion.		Add cashew cheese <b>N</b>	<b>2</b>
With your choice of sautéed mushrooms, baked beans or sprouts			

## ARTHUR'S FEAST

SERVED 12-8:30

Choose from a wide selection of vibrant organic salads, sprouts, hot dishes and dressings freshly prepared from the kitchen. Eat in or takeaway

<b>Buffet by Weight</b>	100g	<b>1.80</b>	<b>All You Can Eat</b>	Per Person	<b>14</b>
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## FROM THE KITCHEN

SERVED 12-8

<b>Black Bean Burger</b> <b>G M N</b>	Small <b>9</b> Regular <b>14</b>	<b>NEW Shepherd's Pie</b> <b>M</b>	<b>12</b>
Served in an organic sourdough bun with sliced tomato and cucumber, potato wedges, coleslaw and mixed leaves		Our take on the British Classic. Made with lentils, sweet potatoes, tomatoes, onion and mixed herbs, topped with creamy mashed potato. Served with mixed leaves and roasted cherry vine tomatoes	
Add cashew cheese <b>N</b>	<b>2</b>	Add almond "parmesan" <b>N</b>	<b>1</b>
<b>Sweet Potato Burger</b> <b>G N</b>	Small <b>9</b> Regular <b>14</b>	<b>Soup of the Day</b>	<b>7</b>
Served in an organic sourdough bun with sliced tomato, pickled cabbage, potato wedges, coleslaw and mixed leaves		See our Chef's Specials board	
Add cashew cheese <b>N</b>	<b>2</b>	Served with sourdough bread <b>G</b>	
<b>Hot Dog</b> <b>G M S</b>	<b>14</b>	<i>Please ask for a full list of allergens</i>	
Sourdough roll, Taifun sausage, caramelised onion, dijon mustard, raw onion relish with mashed potato		<b>Dish of the Day</b>	<b>14</b>
<b>NEW Pasta Sicilia</b>	<b>12</b>	See our Chef's Specials board	
Gluten-free pasta Sicilia, with tomato sauce, roasted pepper and aubergine topped with oregano		<i>Please ask for a full list of allergens</i>	
Add almond "parmesan" <b>N</b>	<b>1</b>	<b>Side Orders</b>	<b>4</b>
<b>NEW Risotto Funghi</b>	<b>12</b>	Cashew cheese <b>N</b>   Hummus <b>SS</b>   Potato wedges	
Traditional Italian risotto, made with arborrio rice, seasonal mushrooms and spring onion		Coleslaw <b>N</b>   Potato salad <b>N</b>   Mashed potato	
Add almond "parmesan" <b>N</b>	<b>1</b>	Basmati rice   Mixed leaf salad   Sauerkraut	
		Sourdough bread basket <b>G</b>	

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## SANDWICHES

SERVED FROM 12 - 8PM

All of our sandwiches are served with the choice of Cashew Cheese **N** or Hummus **SS** with potato wedges, our secret recipe coleslaw **N** and dressed mixed leaves

### Tristan **G**

Our original sandwich, clean and simple. Oven-baked tomato with fresh herbs, red onion and mixed olives topped with oregano

9

### NEW Lancelot **G S**

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 and a roasted red pepper jam

9

### NEW Lamorak Pita **G SS**

Named after the 'fiery tempered knight', this pita contains chef José's oven-baked falafel with courgette ribbons and a mildly spicy chilli verde sauce. Served in a wholemeal pita

9

### NEW Galahad **G SD S C**

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

9

## SOURDOUGH PIZZA

SERVED FROM 12 - 8PM

All of our pizzas are served with your choice of Cashew Cheese **N** or Hummus **SS** topped with dressed rocket leaves

### Margherita **G**

Tomato sauce, tomato slices and basil

Small **8**  
Regular **13**

### Mushroom **G**

Tomato sauce, mushroom, olives and thyme

Small **9**  
Regular **14**

### Mediterranean **G**

Tomato sauce, roasted garlic, red onion, red pepper, courgette and rosemary

Small **9**  
Regular **14**

### BBQ **G**

Secret recipe BBQ sauce, roasted vegetables, red onion, and sweetcorn

Small **9**  
Regular **14**

### Dragon's Breath **G**

Tomato sauce, caramelised red onion, chilli, tomato slices and basil

Small **9**  
Regular **14**

### NEW Build Your Own **G**

Your choice of tomato sauce or BBQ sauce with three toppings

Small **9**  
Regular **14**

### Toppings

Cashew cheese **N** | Hummus **SS** | Red Pepper Red Onion | Caramelised Onion | Mushrooms Olives | Courgette | Rocket | Chilli | Roasted Garlic Basil | Rosemary | Thyme

Each **1**

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## RAW DESSERTS

SERVED ALL DAY

<b>Raw Brownie N</b> Dates, almonds, cashews, cacao butter, cacao powder, coconut oil, xylitol and desiccated coconut	5	<b>Carob Tart</b> Pumpkin seeds, sunflower seeds, flaxseeds, carob, maca, algaroba, and nutmeg	4
<b>Raw Cookie</b> Pumpkin seeds, sunflower seeds, flaxseeds, maple syrup, cacao powder, buckwheat and vanilla	2	<b>Chocolate Tart</b> Pumpkin seeds, sunflower seeds, flaxseeds, cacao powder, maple syrup, cinnamon, and vanilla	4
<b>Wolf Biscuit</b> Pumpkin seed, sunflower seed, cacao butter, flaxseed, wolfberry, mulberry and cacao nibs	2	<b>Coconut Tart</b> Pumpkin seeds, sunflower seeds, flaxseeds, cacao butter, lacuma, maca, coconut oil and desiccated coconut	4
<b>NEW Raw Platter N</b> Raw brownie chunks and cookie pieces, with one of each tart, served with a berry coulis and a vanilla bean cashew ice cream	15	<b>NEW One of Each Tart</b> As above, served with a berry coulis	10

## BAKED CAKES

SERVED ALL DAY

<b>NEW 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>NEW Cake of the Day N</b> Made by our very own Chef Katie, this will be sure not to disappoint. A cake for the moment, based on seasonally available ingredients and flavours <i>Please ask for a full list of allergens</i>	5
<b>NEW 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>NEW Sticky Toffee Pudding N</b> Chef Joses take on the classic sticky toffee. Served with homemade vanilla bean cashew ice cream	6

## CHOCOLATES AND 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 a hint of salt	1.5
<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	1.5
<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	1.5
<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	1.5
<b>Truffle Assortment</b> Your choice of any five truffles	5	<b>Peppermint Truffle</b> Cacao butter, cacao powder, peppermint oil and maple syrup	1.5

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## SHADE-GROWN COFFEE

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

<b>Immortal Coffee</b> Cacao butter, coconut oil, coconut sugar	<b>4.50</b>	<b>Flat White</b>	<b>3</b>
<b>Mocha</b>	<b>4</b>	<b>Espresso</b>	<b>2.50</b>
<b>Latte</b>	<b>3.50</b>	<b>Americano</b>	<b>3</b>
<b>Vanilla Latte</b>	<b>4</b>	<b>Extras</b>	<b>0.50</b>
<b>Cappuccino</b>	<b>3.50</b>	Coconut oil   Cacao   Cacao butter Turmeric juice   Vanilla Syrup	

## SPECIALITY 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 Turmeric juice   Vanilla Syrup	<b>.50</b>

## COLD-PRESSED JUICES AND SMOOTHIES

Choose from our fresh, organic and seasonal selection on our smoothies and juices board

<b>Juices</b>	200ml	<b>4</b>	<b>Smoothies</b>	200ml	<b>5</b>
The juice of one fruit or vegetable	300ml	<b>6</b>		300ml	<b>7.50</b>
<b>Signature Juices</b>	200ml	<b>5</b>			
A blend of numerous fruits and vegetables	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>Whole Earth Sparkling Drinks</b> Choose from cola, cranberry, elderflower, lemonade or ginger	<b>3</b>	<b>Filtered Water</b> Triple vortex activated and energised, served with a choice of cucumber or lemon	Jug	<b>2</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>	<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>

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## LOOSE TEAS

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>White Tea Chai</b> High in antioxidants. Top grade, naturally low caffeine, first flush tea blended with spices	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>Iron Mercy Oolong</b> Oolong is semi-fermented in a process combining the best of both green and black tea	3.50
<b>Darjeeling Ootho</b> Known as the Champagne of teas. A perfect blend to keep you refreshed and enlivened	3.50	<b>Berry Fruity</b> A zesty combination of Blueberries, Hibiscus and Orange Peel creating a sweet, exhilarating blend	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>Matcha Green Tea</b> It has the fresh grassy flavour of matcha and is the purest way to get your matcha boost	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	<b>Vanilla Matcha Green Tea</b> Matcha in its purest form, lovingly blended with vanilla. Smooth and free of bitterness	3.50
<b>Pai Mu Tan White Tea</b> Naturally low in caffeine. Soft, sweet, full aroma with great depth of flavour	3.50		

## CHAKRA TEAS

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 TEAS

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

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**RED WINE**


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**Adobe Malbec, Chile SD**

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

Bottle	<b>21</b>
125ml	<b>5</b>
175ml	<b>6</b>
250ml	<b>8</b>

**Red Wine of the Month**

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 SD**

A Sicilian white bursting with ripe peach and apple flavours

Bottle	<b>21</b>
125ml	<b>5</b>
175ml	<b>6</b>
250ml	<b>8</b>

**White Wine of the Month**

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

Bottle **23**


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**BEER & CIDER**


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**Cannabia**

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

**5****Hepworth GF Blonde Lager, Belgium**

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

**5****Aspall's Organic Suffolk Cyder, England G**

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

**6****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

**6****Ashridge Vintage Organic Cider G**

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

**6**

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.**

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