
BREAKFAST

SERVED 9:00-11.30

Organic | Plant-Based | Seasonal

Porridge N Topped with with blueberry compote, granola and dehydrated banana.	7	Toast with Mushroom Pâté G N SS Topped with kimchi, leeks and fermented red slaw.	8
Toast G N SS Served with jam and nut butter.	6	Bubble & Squeak G SS Toasted sourdough rye bread, beans, alfalfa sprouts and fermented red slaw.	9

LUNCH & DINNER

SERVED 12:00-20:00

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 SS 5
A selection of gently warmed sourdough, served with olive oil and balsamic.

Bread and Dips G N SS 7
A selection of gently warmed sourdough, served with hummus and soft cashew cheese.

Soup of the Day 7
See the Chef's Specials board.
Add sourdough bread **G SS** 1
Add raw crackers 2

Toast with Mushroom Pâté G N SS 8
Topped with kimchi, leeks and fermented red slaw.

Mains

Black Bean Burger G SS 11
Made with black beans, pumpkin seeds, sunflower seeds coriander, brown rice and kalamata olives. Served on seeded rye toast.

Beetroot Burger G SS 11
Made with black beans, pea mash, beetroot, nutritional yeast flakes, smoked paprika and quinoa. Served on seeded rye toast.

Shepherds Pie SD 13
Made with lentils, potatoes, tomatoes, mixed vegetables, mushrooms and herbs topped with creamy mashed potato. Served with mixed leaves and roasted tomatoes.

No Tuna Sandwich C G M SS S 8
Sourdough bread with chick peas, red onion, tahini, celery, vegenaise, capers with cucumber carpaccio.

Sides

Soft Cashew Cheese **N** | Hummus **SS** Each 3
Raw Brussel Sprout Salad | Kale/Quinoa Salad
Cauliflower Salad **S N** | Coleslaw **M S**
Mashed Potato | Roasted Rosemary Potatoes
Sauerkraut | Kimchi | Mixed Olives **SD**
Sourdough Bread **N** | Raw Crackers

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

All our food is made in an environment that contains nuts and gluten. If you have an allergy, please inform our team when ordering.

DESSERTS

SERVED ALL DAY

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Baked Cakes

See counter display for availability.

Chocolate Cake **G N S**

An indulgent, rich and moist chocolate cake made with spelt flour.

5

Gluten-free Carrot Cake **G N S**

An indulgent, rich and moist carrot cake made with gluten-free flour.

5

Blueberry Frangipane **G N**

A delicious slice of moist tart.

4.50

Sticky Toffee Pudding **N SD**

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

7

Hot Chocolate Brownie **N SD**

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

6

Raw Desserts

See counter display for availability.

Salted Caramel Cheesecake

A decadent cheesecake made with cashew, maple syrup and salted caramel.

6

Chocolate Macaroon

A blend of desiccated coconut and maple syrup with cacao powder.

2.50

Blonde Macaroon **N**

A blend of desiccated coconut and maple syrup with ground almonds.

2.50

Hazelnut Balls **N**

A blend of hazelnuts, dates, coconut and cacao nibs rolled in cinnamon.

2.00

Ice Cream

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.

Scoop 3.50

See Chef's Specials board for flavours.

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DRINKS

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Choice of barista almond mylk, barista oat milk, cold-pressed almond milk or cold-pressed hemp milk

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
Double espresso shot, coconut sugar, coconut oil, cacao butter and your choice of milk		
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. One free refill included.

English Breakfast		4.00
Grown at sea level using biodynamic farming and is one of the finest organic teas from Assam.		
Earl Grey		4.00
Award-winning tea made with top grade Darjeeling hand-picked. It's steamed over Italian bergamot oil.		
Darjeeling Ootho		4.00
Known as the Champagne of teas. A perfect blend to keep you refreshed and enlivened.		
Chun Mee Green		4.00
One of China's finest green teas, with a soft aroma and sweet aftertone. Refreshing and energising.		
Jasmine Dragon Pearls		4.00
Special grade green tea is hand-rolled into pearls and steamed seven times over fresh jasmine flowers.		
Pai Mu Tan White Tea		4.00
Naturally low in caffeine. Soft, sweet, full aroma with great depth of flavour.		
White Tea Chai		4.00
High in antioxidants. Top grade, naturally low caffeine, first flush tea blended with spices.		
Iron Mercy Oolong		4.00
Oolong is semi-fermented in a process combining the best of both green and black tea.		
Berry Fruity		4.00
A zesty combination of blueberries, hibiscus and Orange Peel creating a sweet, exhilarating blend.		

Chakra Tea

Served in a cast iron pot. One free refill included.

Root Chakra - "I Am"		4.00
A soothing, oriental spice blend to help you feel secure and grounded. Ginger, cinnamon, liquorice, cacao peel, cardamom, clove.		
Sacral Chakra - "I Feel"		4.00
A herbal blend to encourage self-expression and creativity. Rooibos, oat straw, cacao peel, cinnamon, honeybush, vanilla.		
Solar Plexus Chakra - "I Do"		4.00
Whole leaf tea and Indian chai spice for motivation and activity. Black tea, cinnamon, orange peel, cardamom, clove.		
Heart Chakra - "I Love"		4.00
A calming and inspiring blend. Chamomile, fennel, cinnamon, lemon verbena, rose petal, star anise, cardamom, lavender.		
Throat Chakra - "I Speak"		4.00
Soothing and energising while relieving mild irritation of the throat. Lemongrass, hibiscus, lemon verbena, ginger, orange peel.		
Third Eye Chakra - "I See"		4.00
A detoxing herbal blend, soothing and cleansing. Peppermint, nettle, fennel, liquorice.		
Crown Chakra - "I Know"		4.00
Authentic Indian chai recipe with premium, 1st flush tea. Green tea, orange peel, lemon peel, cardamom, clove, star anise.		

Speciality Hot Drinks

Love Potion		7
Cacao, ashwagandha, chaga, cinnamon, maca, algaroba, pine pollen, vanilla, cayenne pepper, coconut sugar.		
Mega Tonic Latte		7
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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DRINKS

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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.

Health Shots

Sea Buckthorn Juice Shot

Pure, undiluted sea buckthorn juice.

Flue 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.

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**

Sparkling Soft Drinks

Filtered Sparkling Water

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

Glass **2.00**
Jug **3.00**

Old Fashioned Lemonade

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

Glass **3.25**
Jug **5.50**

Blonde Cola

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

Glass **3.25**
Jug **5.50**

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.

Glass **3.25**
Jug **5.50**

Grapefruit

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

Glass **3.25**
Jug **5.50**

Juices

James White Juices

Apple juice, Apple & Crushed Ginger, Carrot & Apple, Pear, Raspberry & Pear, Beetroot.

250ml **3.50**

Zinger Shots

Xtra Hot Ginger Zinger, Ginger Zinger, Chilli & Lime Zinger.

70ml **3.50**

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.

Bubbles

Wild Thing Prosecco, Italian SD Bottle 27
Giol Prosecco, Italian SD Bottle 27

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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