



bamford
WELLNESS

THE ORCHARD BAR
FOOD & DRINKS

GRAINS & SWEET TREATS

DAYLESFORD SEVEN SEED ENERGY BAR, CHEWY OATS, SEEDS AND FRUIT [V]	£3.5
MIXED BERRY AND BANANA ACAI BOWL, TOASTED GRANOLA [V]	£9.5
OVERNIGHT OATS, RHUBARB SYRUP, BLOOD ORANGE, DAYLESFORD YOGHURT [V]	£7.5
DARK CHOCOLATE [V] OR CRANBERRY OAT COOKIE [V] [VE]	£2.5
PROTEIN BALL [V] [VE] [GF]	£2
BANANA LOAF [V] [VE]	£4
CHOCOLATE BROWNIE [V] [GF]	£4.5

EGGS

THREE-EGG OMELETTE. WITH A CHOICE OF TWO FILLINGS: SPINACH, TOMATO, DAYLESFORD CHEDDAR, MUSHROOMS, HAM	£12.5
SCRAMBLED EGGS WITH TOASTED SOURDOUGH. ADD EITHER SMOKED SALMON, BACON OR AVOCADO + £6	£11
POACHED EGGS WITH TOASTED SEVEN SEED SOURDOUGH. ADD EITHER SMOKED SALMON, BACON OR AVOCADO + £6	£11
DAYLESFORD STREAKY BACON AND FRIED FREE RANGE EGG ROLL	£12

MAINS

CHOPPED SALAD, DAYLESFORD HAM, CHICKEN, CHEDDAR, BOILED HEN'S EGG, TOMATO, AVOCADO, BEETROOT, KEFIR DRESSING [GF]	£23
SUPER GRAIN BOWL, ANCIENT GRAINS, EDAMAME BEANS, MARKET GARDEN VEGETABLES, AVOCADO, YUZU DRESSING [V] [VE]	£22
SMOKIN' BROTHERS SALMON AND WARM LENTIL BOWL SALSA VERDE, LABNEH [GF]	£24
TOM YUM BROTH, PRAWNS, CHICKEN, MIXED MUSHROOMS	£20
THAI CHICKEN, CABBAGE AND CASHEW SALAD, WITH SOY GINGER DRESSING	£22

DRINKS

WATER

Still or Sparkling Mineral Water (330/750ml)	£2.5 / 4
Vita Coconut Water (330ml)	£4.5
Vitamin Water	£4

ENERGY BOOSTING SHOTS (50ML)

Fresh Ginger + Turmeric + Lemon Shot	£4
Apple Cider Vinegar with Beetroot / Apple & Ginger / Honey & Turmeric	£4

SUPERFOOD SMOOTHIES (330ML) [VE] £7.50

SPECIAL SMOOTHIE:	Kale, avocado, fennel, apple, mint, ginger, lemon
GREENS:	Banana, pineapple, kale, avocado, lime, ginger, spirulina
ACAI & BERRIES:	Acai, blueberries, lime, banana
CACAO & ALMONDS:	Banana, almonds, dates, cacao powder, hemp seeds, cinnamon
TROPICAL:	Mango, dates, pineapple, lime, avocado, coconut, chia seeds

ADD A SCOOP OF PROTEIN TO YOUR SMOOTHIE + £2.5

Whey Isolate 30g: Vanilla / Chocolate

Plant-Based 33g: Vanilla

PRESSED JUICES (330ML) [V] £7

Bamford Red Juice: Beetroot, Carrot, Ginger and Apple

Bamford Green Juice: Cucumber, Celery, Apple and Kale

Bamford Orange Juice: Orange, Sea buckthorn, Ginger and Apple

ALCOHOL FREE BOTANICAL COCKTAILS (250ml) [V]

Pentire Seaward & Tonic Water	£8
Pentire Adrift & Tonic Water	£8

Continues overleaf →

PLEASE INFORM YOUR SERVER OF ANY ALLERGIES OR INTOLERANCES.

As our food is freshly made by hand in our kitchen, we can't guarantee that everything is allergen-free. We handle fish, celery, mustard, eggs, tree nuts and milk. For more information, please speak with your server.

V - Vegetarian, VE - Vegan, GF - Gluten Free

Please note a discretionary 12.5% service charge will be added to all bills.

DRINKS *Continued*

SPARKLING DRINKS [V]

Dash Water: Raspberry / Cucumber / Peaches (330ml)	£3.5
Elderflower (330ml)	£4.5
Lemonaid (330ml)	£4.5
Kombucha: Original / Ginger / Raspberry & Elderflower (275ml)	£4.5
Simplee CBD: Elderflower & Lime Seltzer / Wild Berries	£5

ORGANIC WINE (750ML)

Daylesford Rosé Frizzante (10% abv) [V]	Glass £8.5 / Bottle £30
Daylesford Prosecco (11% abv) [V]	Glass £8.5 / Bottle £30
Love by Léoube (13% abv)	Glass £8.5 / Bottle £40
Sparkling de Léoube Rosé (12.5% abv)	Bottle £65
Champagne Henry Giraud Esprit Nature (12% abv)	Bottle £85

FUNCTIONAL BOTANICAL INFUSION TEA [V]

English Breakfast / Decaf	£4.5
Earl Grey	£4.5
Digest: fennel and liquorice	£5
Peppermint	£5
Nilgiris Green tea	£5
Haybarn Bamford Signature Tea	£5

DIRTEA MUSHROOM INFUSIONS

ADD A SCOOP OF DIRTEA TO ANY HOT DRINK OR SMOOTHIE

REISHI: calm, de-stress, immunity	£2.5
CHAGA: defence, skin, energy	£2.5
LIONS' MANE: focus, memory, digestion	£2.5
CORDYCEPS: performance, energy, immunity	£2.5

COFFEE AND HOT DRINKS

Espresso	£4
Double espresso	£4.5
Cappuccino	£4.5
Flat white	£4.5
Latte	£4.5
Matcha latte	£5
Hot chocolate	£5