S P A R K L I N G

cloudy lemonade 116kcal / ginger beer 102kcal elderflower 119kcal drink 420 elderflower & lime 250ml 15mg CBD & CBD infused sparkling water, 33kcal

MILK KEFIRS 250ml

Naturally fermented organic milk with the live cultures we love. Made from the milk of our grass-fed pedigree British Friesian dairy herd. natural 175kcal / blueberry & açaí 175kcal ginger, turmeric & honey 200kcal

KOMBUCHA 275ml

Kombucha is an ancient fermented drink made from sweetened tea. A naturally carbonated brew which combines sweet and sour in one refreshing mouthful. An excellent source of natural probiotics.

original 41kcal / ginger 34kcal raspberry & elderflower 35kcal contains traces of alcohol

HAND-ROAST COFFEE

We have non-homogenised organic cow's milk from our farm as well as almond and oat alternatives.

espresso 2kcal	3.5	
macchiato 8kcal	3.5	
flat white 90kcal	4	
piccolo 71kcal	3.75	
Cappuccino 91kcal / 183kcal	4	4.5
latte 91kcal / 183kcal	4	4.5
americano 3kcal / 3kcal	3.75	4.25
mocha 150kcal	4.5	5.5
extra shot 2kcal	0.75	

HOT DRINKS

hot chocolate 127kcal / 253kcal	4.75	5.25
matcha latte 85kcal, made with almond alternative	4.5	
chai latte* 131kcal / 262kcal	4	5

Coffee calorie information based on whole milk, unless stated otherwise. Please ask your server for more calorie information on other types of milk. Adults need around 2000kcal a day.

4

3

3

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SPECIALIST ORGANIC TEA

All of our specialist teas are served in a teapot with a timer and recommended brewing notes for the perfect cup.

BLACK TEA

English breakfast Quintessentially British, robust and hearty black tea grown in the tea gardens of Mozambique	3.75
Earl Grey Refreshing black tea harvested from the Monte Metilile tea garden in Mozambique, blended with bergamot and cornflowers	3.75
Darjeeling Brisk and fragrant, the leaves are from a renowned single estate in the Darjeeling district of West Bengal	4.5
Daylesford House blend bold and malty Assam balanced with floral and delicate fruity Darjeeling	4.5
decaffeinated English breakfast	3.75

GREEN

Nilgiris green Delicate, steamed green tea harvested from the Blue Mountain region of Tamil Nadu in southern India	4.5
Jasmine green Fresh and mild green tea infused with perfumed Jasmine blossoms	4.5
Elderflower green Light green tea, blended with fragrant elderflower blossoms	4.5
Peppermint Pure peppermint leaf to invigorate and refresh your senses	4.5

BOTANICAL INFUSIONS

Spirit Vibrant and invigorating blend of lemongrass, whole cardamom and ginger for zest throughout the day	4.5
Digest A comforting blend of liquorice and fennel, perfect after meals	4.5
Radiance Stimulating golden tea with fennel, turmeric, cardamom, ginger and citrus	4.5
Dreamtime Let the fragrance of lavender, chamomile, blackberry leaf and rose petals soothe your senses	4.5