

pure coconut water* 250ml 50kcal	4	
still or sparkling mineral water* 330 / 750ml	2	3.5
glass of Daylesford milk 250ml	2	
fresh organic milk from our grass-fed dairy herd		
Whole Milk 66kcal per 100ml		
Semi-skimmed Milk 47kcal per 100ml		
Skimmed Milk 32kcal per 100ml		
juice of the day	7	
please ask your server for today's special, allergen and calorie information		
freshly squeezed orange juice 83kcal per 250ml	6	
freshly squeezed celery juice 18kcal per 250ml	6	
SMOOTHIES 250ml	6	
green: almonds, avocado, spinach, dates, almond butter, maca 245kcal		
berry: blueberries, cashews, banana, dates, almond butter, açai, linseed 133kcal		
COLD PRESS 250ml	6	
b green: cucumber, spinach, lime, parsley, mint, aloe vera 53kcal		
b bold: green apple, beetroot, orange, turmeric, ginkgo biloba 100kcal		
b bright: carrots, apples, celery, lemon, ginger, ginseng 75kcal		
b balanced: apple, cucumber, leafy greens, celery, lemon, ginger 48kcal		
turmeric & ginger shot 50ml 28kcal	4	
COLD PRESS NUT BLENDS 250ml	6	
nut latte: cashews, cold brew coffee, dates, vanilla, Himalayan salt* 209kcal		
golden: almonds, dates, ginger, turmeric, bee pollen, peppercorns 190kcal		
cacao: hazelnuts, cashews, maple syrup, cacao, maca, Himalayan salt* 163kcal		
matcha: cashews, honey, vanilla, matcha, Himalayan salt* 190kcal		
PRESSED JUICES 250ml	4	
apple 120kcal / grape 170kcal / apple & bilberry 120kcal		
pink grapefruit 102.5kcal / apricot nectar 120kcal / tomato 48kcal		

SPARKLING	3	
cloudy lemonade 116kcal / ginger beer 102kcal		
elderflower 119kcal		
drink 420 elderflower & lime 250ml	3	
15mg CBD & CBD infused sparkling water, 33kcal		
MILK KEFIRS 250ml	5	
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 & açai 175kcal		
ginger, turmeric & honey 200kcal		
KOMBUCHA 275ml	4	
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.