

Sprouts

Baby leaves

Wild garlic

Nettle

Rocket

Rhubarb

Dandelion

Parsley

Coriander

Chives

Asparagus

Morel mushroom

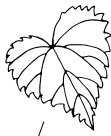
Spring onion

Spring greens

Watercress

Sorel

Radish



rich in iron, gives strength, energy and brings in the spirit of the wild.



regenerative liver tonic, cleanser and balancer



contains chromium, helps regulate blood sugar.



## BRUNCH

SERVED UNTIL 3PM

### Banana Bread Toast | N

*with walnuts, dates and raw coconut yoghurt* 8.5

| add in-house nut butter or wild blueberry jam +1 | N

### Sweet Pancakes | N

*with wild blueberry jam, in-house nut butter and seasonal fruit* 10.5

### Kimchi Pancake | N S

*with cashew aioli, sweet chilli sauce, courgette and mixed seeds* 10.5

### Wild Avocado on Toast | N S

*in-house gluten free buckwheat toast, wild leaf pesto, cashew aioli,*

*pickled courgette, pink radish and mixed seeds* 10

### Fawaffle | N S

*falafel waffle with a cashew & mint cream, sweet chilli sauce,*

*red cabbage slaw, pepper & tomato salsa and sprouted lentil hummus* 12.5

### Seared Polenta Cakes

*with sauteed cherry tomatoes, asparagus and parsley* 14.5

### Mayan Salad | N

*wild greens, quinoa, squash, smoked coconut chips, cacao nibs, avocado, pickled courgette, seasonal berries and activated walnuts with a red pepper & mustard dressing* 15.5

| add kale chip sprinkles +1 | S

## PIZZAS 12"

SERVED FROM 12PM

### Simple | N

*marinara sauce, pink olives, pine nut parmesan, wild leaves and olive oil* 14.5

### Spring | N

*braised shallots, pink radish, asparagus,*

*cashew cheese sauce and nori on a creamy white base* 16

### Italian | N S

*marinara sauce, cashew cheese sauce, cherry tomatoes,*

*wild leaf pesto, sunblushed artichokes, pink olives, rocket, basil and nori* 15.5



## SIDES & NIBBLES

### Green Leaves | S

*wild greens, mustard dressing and mixed seeds* 4

### Flatbread | S

*with roasted garlic puree and mixed seeds* 6

### Kale Chips | S

*our signature crispy cheese and onion kale chips* 4.75

### Turkish Olives

*in-house marinated in fennel seeds & star anise* 4.5

### Padrón Peppers | S

*with a white miso, green chilli & sesame dipping sauce* 5.5

### Teriyaki Almonds | N S

*activated with in-house teriyaki sauce and sesame seeds* 4

### Kale Crackers | S

*crispy crackers with sesame seeds and wild leaf pesto* 6

## DESSERTS

### Pistachio Caramel Slice | N

*pistachio caramel, white chocolate layer, brazil nut & macadamia base with meringue and a raspberry coulis* 9

### Chocolate Orange Tart | N

*neroli & orange layer topped with a dark chocolate mousse, cacao nib base and candied orange* 9.25

### Black Sesame Lolly | S G

*white chocolate coated black sesame ice cream lolly with wild blueberry caramel and fresh berries* 7.5

### Pink Rhubarb Cheesecake | N

*with a rhubarb jelly, a tangy coulis and crunchy rhubarb bites* 10

### Rainbow Cheesecake | N S

*lemon and vanilla cheesecake with the illuminating colours of the rainbow* 11



## SHOTS

### The Grass is Greener | S

fresh wheatgrass, horsetail, barley grass, sorrel, tahini, apple 3.5

### Probiotic Awake

sea buckthorn, ginger, orange, coconut, baobab, cayenne 3.5

### Wild Berry Libation

elderberry, bilberry, goji, golden berry, mulberry, hawthorn 3.5

## JUICES

### Vibrant Green

celeriac, sea beet, watercress, nettle, sea purslane, mint, apple

glass 8 | add super booster +1 | S

carafe 750ml 18.5 | add super booster +2 | S

### Purple Galaxy

pear, ginger, fennel, purple cabbage, burdock 7.5

### Eternal Sunshine

orange, mango, yellow pepper, pine pollen 8

### Twisted Orange

blood orange, pomegranate, ginger

glass 6.5 | add super booster +1 | S

carafe 750ml 15 | add super booster +2 | S

## HOT DRINKS

### Hemp Matcha | N S

matcha, almond milk, hemp coconut oil 6

### Rose Hot Chocolate | N S

cacao butter, coconut, almond milk, tahini, rose 5.5

### Chai Spice | N S

almond milk, cinnamon, cardamom, clove, ginger 5  
| add mushroom super booster +1 | S

### Golden Goji | S

turmeric, goji, hemp, mulberry, ginger, coconut 5.5

### Selection of Teas Selection of Coffees

| ask a team member for more information |



Please inform a team member of any allergy or dietary requirements. Contains: N - Nuts, S - Seeds, G - Gluten

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## COCKTAILS

### Cynara Spritz

artichoke infused gin, in-house wild amaro, prosecco 8.5

### Cacao Collins

cacao liqueur, scotch bonnet, lime, mint, kombucha 8.5

### Thirteen Moon Cosmo

goji infused quinoa vodka, blood orange, lime, rose, agave 9

### Mezcarita | aka margarita |

mezcal, orange, sea purslane, lime, butterfly pea tea, agave 10.5

### Espresso Martini

quinoa vodka, fresh espresso, hemp coconut oil, cafe liqueur, tonka 9

### Charcoal Mary

quinoa vodka, tomato juice, wild worcester sauce, chilli, celery, charcoal 8.5

### Green Mimosa

prosecco, celeriac, sea beet, watercress, nettle, sea purslane, mint, apple 8

## ALCOHOL FREE COCKTAILS

### Trinity of Life

botanical drink, wild berry libation, apple, lime 6

### Remember your Roots

burdock, sarsaparilla, salsify, radish, yacon, lemon, soda 6.25

### Juniper & Tonic

juniper, elderflower, fennel, lime, tonic 5.5

## SPIRITS

| 25 ml |

FAIR Quinoa Vodka 3.5

Sacred Gin 4

Da Mhile Seaweed Gin 4

Juniper Green London Dry Gin 3.5

Papagayo Organic Golden Rum 3.5

Papagayo Organic Spiced Rum 3.5

QuiQuiRiQui Mezcal Joven 5

Montelobos Mezcal 5.5

## BEER & CIDER

| 330 ml |

Lucky Saint Low Alcohol Lager | G | 0.5% | 5

Freedom Organic Helles Lager | G | 4.8% | 5.5

Magic Rock Saucery Session IPA | 3.9% | 6

Magic Rock Fantasma IPA | 6.5% | 6.5

Hawkes 'Urban Orchard' Cider | 4.5% | 5.5



A 12.5% discretionary service charge will be added to your bill. All proceeds go directly to our team.

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## WINE

### WHITE

#### **Lesc Blanc**

*South West France. Colombar, Ugni Blanc*

glass 125ml 4.5  
carafe 500ml 16  
bottle 22.5

#### **Chateau de la Mirande**

*South West France. Picpoul*

glass 125ml 5.75  
carafe 500ml 20.5  
bottle 29.75

#### **Baglio Bianco (Orange Wine)**

*Sicily, Italy. Catarrato*

glass 125ml 8  
carafe 500ml 27.5  
bottle 39

#### **Ciello Bianco**

*Sicily, Italy. Catarrato*

bottle 24

#### **Winery of Good Hope**

*Stellenbosch, South Africa. Chenin Blanc*

bottle 27

#### **Cinzia Bergaglio, Gavi di Tassarolo `La Fornace`**

*Piemonte, Italy. Cortese*

bottle 34

#### **Cora Blanco**

*Penedes, Spain. Muscat, Sauvignon, Xarel-Lo*

bottle 35.5

#### **Bodega Terras Gauda**

*Galicia, Spain. Albariño*

bottle 40

### RED

#### **Chateau Saint Cyrgues**

*Rhone, France. Merlot, Syrah, Grenache*

glass 125ml 4.75  
carafe 500ml 16.5  
bottle 23.5

#### **Viña Ilusión**

*Rioja, Spain. Tempranillo*

glass 125ml 6.25  
carafe 500ml 22  
bottle 32

#### **Chateau Cambon**

*Beaujolais, France. Gamay*

glass 125ml 8.25  
carafe 500ml 29  
bottle 42.5

#### **Chateau du Cedre, Camille Malbec**

*Cahors, France. Malbec*

bottle 26.75

#### **Ollieux Romanis, Corbieres `Alice`**

*Corbieres, France. Carignan, Grenache Noir*

bottle 29.75

#### **Bourgueil Diptyque**

*Loire, France. Cabernet Franc*

bottle 37.5

#### **Judith Beck**

*Burgenland, Austria. Blaufrankisch*

bottle 40

#### **Clos Henri**

*Marlborough, NZ. Pinot Noir*

bottle 47.5



## WINE

### ROSÉ

#### **Bodega Honorio Rubio**

*Rioja, Spain. Garnacha, Viura*

glass 125ml 5.25  
carafe 500ml 19  
bottle 27.5

#### **Chateau d'Ollieres**

*Provence, France. Garnacha, Viura*

bottle 35.5

### SPARKLING

#### **Cantina Bernardi, Prosecco Frizzante**

*Veneto, Italy. Glera*

glass 125ml 8  
bottle 27.5

#### **Domaine Champalou, Vouvray Brut**

*Loire, France. Chenin Blanc*

bottle 35.5

#### **Pierre Gerbais, Cuvee Reserve**

*Champagne, France. Chardonnay, Pinot Noir*

bottle 65

### SWEET

#### **Clos Lapeyre**

*Jurancon, France. Gros Manseng, Petit Manseng*

glass 100ml 5.5  
carafe 500ml 24.75  
bottle 35

All of our wines have been sourced from small artisan growers and are either organic, practising organic or biodynamic.



