



## STARTERS

### Harissa Courgette | S

*with french lentils, rocket, kohlrabi & fennel slaw and goji-harissa sauce* 8.75

### Regenerative Roots | N S

*coconut & garlic salsify sticks in a parsley & sesame seed crumb served with smoked chilli cashew cheese and amaranth & cacao crackers* 10.5

### Poached Saffron Fennel | N S

*pan-fried saffron & turmeric fennel, macadamia feta, toasted sprouts, rainbow swiss chard, hemp seeds and parsley* 10

### Umami Heirloom Tomato | S

*with an avocado & wasabi cream, pickled chilli, crispy shiso leaf and spring onion* 9

## MAINS

### 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

### Raw Pizza | N S

*butternut squash & apple base topped with marinara sauce, wild leaf pesto, pine nut cheese, asparagus, pickled fennel, pink radish and olives* 16

### Seared Polenta Cakes

*with sauteed cherry tomatoes, asparagus and parsley* 14.5

### Courgette Pappardelle | N

*with macadamia feta, tomato sauce, capers, pine nut parmesan, basil, garlic, olives, wakame and chive oil* 14

## PIZZAS 12"

### 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

celeriaceae, 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

## 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.



