



WILD FOOD CAFÉ

PLANT BASED RESTAURANT & WELLBEING OASIS

SOFT DRINKS

Cola 4

Kombucha 4.25

| ginger |

BEER & CIDER

Salt Brewery Calico Session Pale | 4.0% | 5.5

Thistly Cross Cider | 4.4% | 5.5

WHITE WINE

Lesc Blanc

South West France. Colombard, Ugni Blanc

glass 125ml 4.5 | bottle 23

RED WINE

Chateau Saint Cyrgues

Rhone, France. Merlot, Syrah, Grenache

glass 125ml 4.75 | bottle 23.5

ROSÉ WINE

Bodega Honorio Rubio

Rioja, Spain. Garnacha, Viura

glass 125ml 5.25 | bottle 27.5

SPARKLING WINE

Wild Thing Prosecco

Veneto, Italy. Glera

bottle 33.5

TEA & COFFEE SELECTION

French Press Coffee 3.5

| organic coffee served with wild-made oat milk |

Fresh Ginger & Lemon Tea 3

Fresh Mint & Lemon Verbena Tea 3

Shibui Organic English Breakfast Tea 3

Positivitea Loose Leaf Tea Selection 3.5

Thrive

hibiscus, strawberry, cinnamon, ashwagandha

| the root chakra is the building block for all the other chakras and associated with the blood flow |

Create

rooibos, cocoa, vanilla, ginseng

| ginseng can provide energy and may also improve thinking ability and cognition |

Achieve

yerba mate, lemongrass, ginger, dandelion

| yerba mate is reputed to boost energy and lemongrass and ginger are well known to aid digestion |

Give

jasmine green tea, rose, ginkgo biloba, hawthorn leaf, cardamom

| green tea can help you boost your metabolism and cleanse your blood |

Inspire

peppermint, liquorice, echinacea, sage

| peppermint can aid digestion and liquorice can help soothe the throat |

Imagine

white tea, elderflower, blueberry, eyebright

| elderflower has been traditionally used to treat headaches and eyebright is well known to soothe tired and inflamed eyes |

Connect

chamomile, honeybush, lavender, valerian

| chamomile helps promote sleep and lavender is often recommended to treat anxiety |

Three Chi Chai

black tea, cocoa, chilli, ginseng, cinnamon

| cocoa has traditionally been used to combat fatigue |