



## BECAUSE ETHICS & THE PLANET ARE OUR PRIORITY- 100 % VEGAN

Our prices reflect our commitment to great coffee, ethics and sustainability. We serve Specialty Coffee from Extract, use oat milk as our standard, and are now VAT registered (20% will be taken from us).

Thanks so much for your support—it really means the world to us. Helen, Matt & Team x

## DRINKS MENU

### COFFEE

Espresso	3.00
Flat White	4.00
Latte	4.50
Cappuccino	4.50
Americano	4.00
Mocha	5.50

**Oat milk (G) served as standard**

**Soya and Coconut (S) also available**

### SPECIALITY DRINKS

Luxury Hot Chocolate	4.70
Red Velvet Hot Chocolate	4.80
Golden Milk Hot Chocolate	4.80
Turmeric Latte	4.70
Beetroot Latte	4.70
Chai Latte	4.80
Matcha Latte	5.00
Lavender Latte	5.00
Iced Latte	4.70
Iced Matcha	5.20
Iced Matcha & Mango	5.40



2.60

Great British Cuppa

Peppy Mint

Dozy Girl (Camomile, Lavender & Rose)

Rooibos

Gingerbread Chai

Black Decaf Tea

#### Tetrim Teas

Welsh Lions Mane Mushroom

**Brightening Tea**, with & Cinnamon  
3.50

#### ETHICAL SOFT DRINKS

Help yourself from the fridge –  
selection varies due to stocking &  
supply

**ADAPTOGENIC MUSHROOMS** blended into drinks, choose either:

*Breathe (Reishi)* relaxing, mood boosting, stress relieving

*Focus (Lions Mane)* boosts mental clarity, focus & memory

Mushroom Latte (with espresso)	5.50
Mushroom Luxury Hot Chocolate	5.70
Mushroom Mocha	6.50
Mega Chill Matcha, CBD & Mushroom Latte	6.80

### SMOOTHIES made with coconut milk

No Cow Cacao, with espresso and banana (S) (10oz)	5.50
Green Peace, with spinach, mango, banana (S) (24oz)	6.80
Protein Berry Boost with cacao & banana (S) (24oz)	6.80
Bananarama, with date and peanut butter (S, P) (24oz)	6.00

## FOOD MENU

### Super Sup Wrap

8.50

With Ground's famous homemade pastrami, cheese, spinach, gherkins, sauerkraut, onion chutney & mustard (G, M, Su)

### Protein Breakfast Wrap

8.80

With sausage, bacon, mushrooms, spinach, marinated tempeh and brown sauce

Add smoky beans, cheese or scrambled tofu (S, G, B, Su, M) 0.50

### Toasted Sourdough Sandwiches, with garnish (Su) 8.80

Sausage & brown sauce (G, Su, B, M, S)

VLT with mayo (G,S)

### The Ground Plant Breakfast

13.00

Scrambled tofu, sausage, spinach, mixed seeds, smoky beans, avocado, mushrooms & sourdough toast with brown sauce (S, G, Se, B)

### Canadian Pancake Stack NGCI

12.00

Topped with fresh berries, sliced banana, soya yoghurt, chia seeds and maple syrup (S)

Add peanut butter (P)

1.00

### Ground Omelette NGCI (Su, M)

11.00

Made with protein-packed gram flour, served with spinach, cheese, tomato & salad.

\*Add mushroom 0.50

\*Add pastrami 1.00 (G)

### Green Winter Garden Bowl

12.00

Warm roasted butternut squash, tahini dressing, kale, tempeh, spinach, avocado on a bed of bulgar wheat topped with toasted pumpkin seeds. (G,Se,S,Se)

### Lions Mane, Seitan & Tempeh Burger

16:00 or two for £28

Made with Welsh Lion's Mane & tempeh & a secret spice blend, served in a soft brioche with gherkins, tomato, cheese & sriracha mayo. Served with roasted baby potatoes & salad. (S, G, M, Su)

### Smaller things

Seasonal Soup of the Day (C,S) 6.00

With sourdough toast 7.50 (G)

Two pieces of sourdough toast (G) 4.00

Avocado on toast with seeds & balsamic (G, Se, Su) 6.50

Peanut butter & banana on toast with date syrup 6.80 (G,P)

#### DAILY CAKE SELECTION

- Pastries

- Cakes

- Cookies

Baked in-house

See counter for details

**Allergens:** Please ask your server for allergen information.

**NGCI = No gluten containing ingredients**