



brunch / lunch

Açai Bowl v 12.95
With fresh fruit, Alma's signature granola & bee pollen

+ peanut butter 1.5

American Style Pancakes v 12.95

With Medjool date butter, maple syrup, banana

+ maple cured bacon 4.75

Hand Smashed Avo On Gluten Free Toast v GF 10.5

Smashed avo on gluten free sourdough, with Alma's spice mix, radish and feta

+ poached egg 2.4

The Veggie Full One v 13.5

Halloumi, Portobello mushroom, smashed avo, grilled tomato, Alma potatoes, Boston beans, poached eggs on a French sourdough

The Alma Full One 13.95

Cumberland sausages, Portobello mushroom, grilled tomato, maple cured bacon, Alma potatoes, Boston beans & eggs of your choice on a French sourdough

Nordic Smoked Salmon Sandwich 11.95

Nordic smoked salmon with smashed avo on toasted rye pumpnickel bread

+ poached egg 2.4

+ homemade hollandaise 2

In a hurry? Freshly made sandwiches available for grab & go

Breakfast Burrito 11.95

St Ewes scrambled eggs, spring onions, avo, Mexicana cheese with smoked crème fraiche

+ grilled mushrooms (inside the burrito) 3.75

+ chorizo (inside the burrito) 4.25

Alma's Banana Bread v 7.5

Toasted and served with Medjool date butter, maple syrup & wild berries

Devonshire Brown Crab Benedict 15.5

White crab meat, poached eggs on a toasted croissant with homemade hollandaise & sumac

Maple Cured Bacon Benedict 12.75

Poached eggs, grilled bacon on a toasted croissant with homemade hollandaise

WHOLESUME LUNCH BOWLS Choose 1 base, 1 main & 2 salads

BASE

Buckwheat with herbs oil GF 13.5

Freekeh with chickpeas & herbs oil 13.5

MAIN

Miso glazed salmon 13.5

Charred flank steak GF 13.5

Rose harissa marinated chicken GF 12.75

Homemade falafel VE 12.5

SALAD

Avo salad VE, GF

Broccoli with garlic and chilli VE, GF

Crunchy Asian slaw VE

Roasted sweet potato with almond flakes & sun-dried tomatoes VE

SAUCE (+ 50p)

Tahini & lemon

Homemade chimichurri

Romesco red pepper

SIDES

Smokey Boston beans 3.5

Grilled halloumi 3.75

Hass avo 2.5

Egg 2.4

Cumberland sausage 4.5

Maple cured bacon 4.75

Chorizo 4.25

Smoked salmon 4.75

Grilled mushrooms 3.75

Alma potatoes 4.75

SLICE OF HAPPINESS.....5.95

Honey cake

Matcha and raspberry cheesecake

coffee / juice bar

COFFEE

Espresso 2.95

Filter 3.2

Americano 3.4

Cortado 3.6

Flat White 3.6

Cappuccino 3.7

Latte 3.7

Hot Chocolate 3.85

Mocha 3.85

Chai Latte 3.85

+ hazelnut / vanilla / caramel syrup 50p

+ almond / coconut / oat milk 50p

+ decaf 50p

LOOSE LEAF TEA.....3.2

Earl Grey Breakfast Tea

Rooibos Green Sencha

Rosebuds Lemongrass & Ginger

Peppermint

SPECIALITY3.85

Red Velvet Latte

Ground beetroot, organic cocoa, zesty ginger, ground cinnamon

Golden Milk

Organic turmeric, cinnamon, zesty ginger, black pepper

Matcha

Ceremonial grade matcha, green tea, wheatgrass

SMOOTHIES6.25

Pumping Iron

(Barrys Bootcamp Favourite)
Whey protein, banana, peanut butter, blueberries, almond milk

Mango Madness

Mango, banana, apple

Muscle Beach

Bananas, peanut butter, chocolate whey protein, oat milk

Royal Berry

Blackberry, raspberry, apple, strawberries

Brain Power

Organic cacao nibs, banana, peanut butter, dates, almond milk

Date Me

Dates, banana, cinnamon, almond milk

Vitality Greens

Avo, spinach, chia seeds, 25g of whey protein

JUICES6.25

Mykonos Love

Strawberries, banana, apple

Baku Breeze

Apple, mint, ginger

City Of Angels

Passion fruit, apple, ginger

Gold Rush

Turmeric, pineapple, carrot, black pepper

Green Valey

Spinach, apple, celery

Body Warmer

Ginger, lemon, carrot, apple

Marrakech Dream

Mint, pineapple, apple

Ibiza Vibes

Basil, strawberries, lemon, apple

Celery Cleanse

100% Celery & nothing else

FRESHLY SQUEEZED6.25

Apples

& nothing else

Oranges

& nothing else

Carrots

& nothing else

Fresh OJ



Allergen Matrix



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ANIMA