

Our food sourcing policy is simple: Quality, Seasonal and Sustainable. Our dishes contain an array of natural mixed nutrients, are low in cholesterol and we only use good fats! Our creative team of "raw chefs" prepare everything from scratch, so not only do these dishes taste fabulous but they will suffice any craving you have and boost your body with an abundance of feel-good-nutrients.

If you have any dietary requirements, or require any details on allergens within our dishes, please ask one of the team

## GRAZING MENU

**£9.50 PER DISH / COMBO of 3 - £27.50 / COMBO of 4 - £35**

### **NORI ROLLS**

Seaweed sheet filled with a parsnip and pine nut "rice", avocado, carrot and mixed leaf, served with a soy dipping sauce

### **TOMATO AND DATE SALAD**

Mixed leaf, cherry tomatoes, dates, walnuts and Lyburn cheese, with a garlic balsamic dressing

### **SPICY MEXICAN FIESTA**

Our twist (with a kick!) on traditional tacos - soft tortillas made from corn, peppers, flax seed, sundried tomatoes, onion and our version of spicy "beans" served with guacamole and a tomato and lime salsa

### **WRAP OF THE DAY**

Please check the specials board

### **SMOKED SALMON**

Marinated in lemon, lime and dill, accompanied by a fennel and caper salad

### **SOUP OF THE DAY**

Please check the specials board

### **HAMPSHIRE HAM**

Accompanied by award winning Lyburn cheese, herb house olives and house baked bread

*Bread basket £2.75 - Dehydrated vegetable crisps £3 - Herb House Olives £3*

### **FOREST BOARD £19.50**

Home cured charcuterie, smoked in our Smokehouse less than 2 minutes trot from here, a taste of local award winning cheeses, herb house olives, tomatoes, house baked bread and apple chutney

### **RAW PICNIC BOARD £17**

A small mix of today's salads, a variety of root dips, dehydrated vegetable crisps, crudités and raw bread

A 12.5% gratuity is automatically applied to your bill. If the service wasn't up to scratch please let us know and we will remove the charge. All we ask is that you kindly let us know what we could do to improve.

## JUICE £5.75

### (J) RUBY ROOTS – Beetroot, Pear, Ginger & Lime

*Extremely cleansing, restores natural running of organs & improves stamina*

### (J) GODDESS OF GREENS – Spinach, Lemon, Ginger, Apple & Cucumber

*Good for the heart and blood pressure, alkalize & high in anti-oxidants*

### (J) GINGER TEASE – Apple, Ginger, Grape & Carrot

*Healthy immune function, boosts glowing skin & cardiovascular health*

### (J) POPEYE – Spinach, Celery, Fennel, Carrot & Red Pepper

*Detoxify your system & high in vitamins*

## SMOOTHIES £5.75

### (S) GYMMY-CHINOO – Banana, Oats, Honey, Almond Milk, Vanilla Protein, Chia Seeds & Espresso

*Boosts energy, aids digestion, high in amino acids, lots of potassium to regulate blood sugar!*

### (S) HEAVY METAL DETOX – Dates, Coriander, Spinach, Banana & Coconut Water

*supports digestion, good source of potassium, restores energy & a natural isotonic*

### (S) OATY BERRY – Berries, Oats, Yoghurt & Honey

*great source of dietary fibre and packed with an abundance of antioxidants*

### (S) – BREAKFAST BOOSTER - Mango, Strawberries, Chia Seeds, Maca, Spirulina, Fresh Mint & Coconut Water

*Everything you need to start your day the right way*

**“give your system an added boost with Organic Maca, Spirulina or Wheatgrass - 65p per serving”**

## SOFT DRINKS

**Still or Sparkling Water / Soft Juices / Coke / Diet Coke / Lemonade / Ginger Beer glass £2.50**

**Jax Coco 330ml glass £3.25**, 100% pure coconut water sourced from the Philippines, boosts immunity – naturally Isotonic - low in calories – includes 5 essential electrolytes

## COCKTAILS

### SEEDLIP

Taking inspiration from a 1651 book “The Art of Distillation”, Seedlip still manages to be completely revolutionary; a “distilled non-alcoholic spirit” consisting of the distillates of six unique botanicals, blended together without any alcohol or sugar.

**Seedlip & Tonic - £6.50 per glass**

**Seedlip - £27.99 per bottle**

**Jaxito – Havana Club Rum, Jax Coco, Lime, Mint & a dash Maple Syrup – £9.00 per glass**

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**125ml glasses and 250ml & 500ml carafes of wine are available upon request**

## WINES

**PIG HUT, France 2015** - 175ml gls £6.50 / btl £29

*aromatic wild flowers with a zesty lemon finish*

**Civitas Lunaria, Pecorino, Abruzzo, Italy 2014** - 175ml gls £9 / btl £39

*amazing bio-dynamic pecorino with perfumed honey, lemon & apricot on the nose & a long palate of bay leaves & fruit*

**Sancerre Rose , Loire Valley, Pascal Joliet 2015** - 175ml gls £11 / btl £45

**The Pig Hut Rosé, Grenache/Syrah, Maris, South West France 2014** - 175ml gls £7 / btl £29

*dominant red cherries and strawberries on the nose with hints of rose and lychee*

**Grace Bridge, Pinot Noir, California, 2013** - 175ml gls £9.50 / btl £39

*earthy & elegant with soft bramble fruit & fine tannins*

**Hambledon, Hampshire, England 2013** - 150ml gls £11.50 / btl £56

*crisp, clean sparkling wine with notes of almond & crunchy conference pear*

## ENGLISH BEERS & CIDER

**Menabrea** - Crisp, tangy, spicy, 5% **330ml btl £6.00**

**Whitstable Bay** - easy drinking and refreshing. Crisp and zesty, 4.5% **330ml btl £6.50**

**Willy's** - Herefordshire medium dry cider, 4% **500ml btl £6.50**

## TEA £3.75

**CF. Evening calm.** chamomile, nettle, lemon balm and peppermint, good for digestion

**CF. Lime Wood blend.** cleansing, dandelion, liquorice, burdock, red clover, peppermint, basil and lemon

**CF. Rooibos.** orange and eucalyptus with sweet peach, menthol and fruity

**Earl Grey supreme.** rich, full bodied flavour. Ceylon black tea, scented with bergamot and corn flower petals

**English breakfast.** picked from a select blend of teas from Assam and Ceylon for just the right body and aroma

**Haung Shan Mao Feng.** an exquisite green tea, full of flavour

**Milk Oolong.** milky, almost sweet in flavour and scent, Half way between a black and green tea

**Moroccan Mint.** blend of the finest China pinhead gunpowder Green tea and Moroccan nana-mint leaves

**Silver Needle.** has a soft, mellow flavour, with a freshness of honeydew melon

**Winchester Fruit Basket.** hibiscus, rose hip, apple pieces, orange peel, black current leaves and raspberries

**Classic Chai.** cardamom, aniseeds, cinnamon, ginger and cloves, a black tea served with frothy milk

**Turkish Apple.** apple pieces, pineapple cubes, vitamin C, flavouring and freeze dried apple pieces

## COFFEE £3.75

**Americano / Espresso / Cappuccino / Latte / Macchiato / Cafe Mocha / Hot Chocolate**

**Speciality - Turmeric Latte £4.95**