

## Bio-live Yoghurt Bowls

Pick your delicious base of our uniquely sourced yoghurt:  
**BIO-LIVE YOGHURT** or **COCONUT YOGHURT** + £0.50

A bowl of goodness for only:  
**SMALL £3.95 | REGULAR: £4.95**

### SWEET

#### GRANOLA + STRAWBERRY

Dorset Oats Granola + Strawberries  
+ Chia Seeds + Honey

#### DARK CHOCOLATE + ORANGE

Belgian 70% Dark Chocolate + Orange  
Segments + Pistachios + Fresh Mint + Honey

#### RASPBERRY + WALNUT

Raspberry + Walnut + Rolled Oats  
+ Cinnamon Powder + Honey

#### QUINCE COMPOTE + GRANOLA

Quince + Dorset Oats Granola + Pom Seeds  
+ Orange Segments + Cinnamon

#### MANGO + PINEAPPLE

Mango + Pineapple + Basil  
+ Star Anise + Honey

#### BANANA + HAZELNUT

Banana + Crushed Hazelnuts + Toasted  
Almond Flakes + Agave Maple Syrup

### SAVOURY

#### AVOCADO + BEETROOT

Avocado + Beetroot + Fresh Mint  
+ Sea Salt + Black Pepper + E.V. Olive Oil

#### SMOKED SALMON + DILL

Forman's Smoked Salmon + Dill + Lemon Juice  
+ Sea Salt + Black Pepper + E.V. Olive Oil

#### ROASTED AUBERGINE + TOMATO

Roasted Aubergine + Roasted Cherry  
Tomato + Chilli Powder + E.V. Olive Oil

#### FREEKEH + RED LENTIL

Freekeh Wheat + Red Lentil + Lemon Juice  
+ Garam Masala + Dried Mint + E.V. Olive Oil

#### HUMMUS + ZA'ATAR

Hummus + Chickpeas + Toasted Pine Nuts  
+ Parsley + Za'atar + Sumac + E.V. Olive Oil

#### CAULIFLOWER + GREEN TAHINI

Cauliflower + Green Tahini Sauce  
+ Barley Rusk + Sea Salt + E.V. Olive Oil



## Dessert

With artisanal ingredients

#### SOUR CHERRY PARFAIT

Sour Cherry Jam + Bio-Live Yoghurt

£2.95

#### RAW CHOCOLATE + RICOTTA MOUSSE

Whipped + Raw Cocoa + Raw Honey

£2.95

#### VANILLA + LIME ZEST + GINGER BISCUIT

Bio-Live Yoghurt + Vanilla Extract + Lime Zest + Ginger Biscuits

£2.95



## Turkish Eggs

THE ULTIMATE BREAKFAST

2 POACHED BRECKLAND FARM EGGS

+ FRESH SIMIT OR SIMIT DIPPERS

+ BIO-LIVE YOGHURT

£4.50



## Latke

Oven-baked vegetable bites, hand crafted every day.



#### ZUCCHINI + FETA

Zucchini + Feta + Pine Nuts + Lemon Juice

£2.25

#### SUPERGREEN

Leek + Dill + Parsley + Coriander

£2.25

#### CARROT + CORIANDER

Carrot + Coriander + Lemon Juice

£2.25

#### LEEK + POTATO

Leek + Potato + Nutmeg

£2.25

YOGHURT DIP OPTIONS | £1.95

PAPRIKA | BEETROOT | GREEN TAHINI

CHOOSE ANY 3 LATKES + 1 DIP SAUCE £6.50

## Bio-live Smoothie

Crafted every morning in Mandira Lab.

#### PLAIN KEFIR

with a hint of Orange Zest

£3.00

#### MANGO + CORIANDER BIO-LIVE SMOOTHIE

Mango + Coriander + Red Chilli

£4.50



#### SUPERGREEN COCONUT SMOOTHIE

Kale + Spinach + Parsley + Turmeric

£4.50

#### RAW COCOA + ORANGE COCONUT SMOOTHIE

Cocoa + Orange + Lemon Zest

£4.50

## Simit Bagel

A TRADITIONAL, TURKISH BREAD.

Similar to a bagel, but lighter, crispier and coated in sesame seeds.

#### PLAIN SIMIT

Great for Dipping or delicious by itself  
£2.00

#### MANDIRA EGG SALAD

Breckland Farm Eggs + Bio-live Yoghurt  
+ Colman's English Mustard  
£4.50

#### GUACAMOLE

Avocado + Tomato + Red Onion + Coriander  
£5.00

#### SMOKED SALMON

Forman's Smoked Salmon + Labne + Dill  
£5.00

#### RICOTTA + FIG

Smyrna Figs + Ricotta Cheese + Acacia Honey  
£4.50

#### FETA + OLIVE TAPANEDE

Aged Barrel Feta + Black Olive Tapenade  
+ Pomegranate Molasses + Cucumber  
£4.50

#### TOASTED "TURKISH PASTRAMI"

Turkish Style Cured Beef + Butter + Kaseri Cheese  
£5.00

#### HALLOUMI + TOMATO PASTE

Unsalted Halloumi + Chilli Tomato Paste + Walnuts  
£5.00



ANY SIMIT BAGEL  
+  
ANY TEA OR COFFEE

£6.00

## Beverages

### COLD-PRESSED JUICE

#### DETOX

Apple + Beetroot + Carrot +  
Lime + Pomegranate + Ginger £3.75

#### GREEN BLAST

Apple + Spinach + Celery  
+ Ginger + Lime £3.75

#### ORANGE

Pure Orange £2.75

### COFFEE

Espresso

Macchiato

Americano

Turkish Coffee

Flat White

Latte

Cappucino

### TEA

English Breakfast

Green Tea

Camomille

Fruit Symphony

Turkish Ceylon Tea

(Refill)

Fresh Mint Tea

£1.75

£1.75

£1.75

£1.75

£2.00

£2.50

£2.50

£2.00



## Daily Soup

Ask staff for daily soup offer.

SMALL: £3.50

LARGE: £4.50