



100% Vegan

Eden Café



Sit In Menu

Hot Drinks

* Milk Options: Oat / Soya / Almond / Coconut *

* Reg = 6oz / Lrg = 10oz / Ex Lrg = 16oz *

Mocha	Lrg 3.30 / Ex Lrg 4.40
Flat White, Latte, Cappuccino	Reg 2.80 / Lrg 3.00 / Ex Lrg 3.90
Long Black (Americano)	Reg 2.50 / Lrg 2.70 / Ex Lrg 3.60
Cortado	1 size (6oz) 2.50
Macchiato	1 size (4oz) 2.40
Short Black (Double Espresso)	2.20
Extra Shot / Syrup Shot	0.80 / 0.60

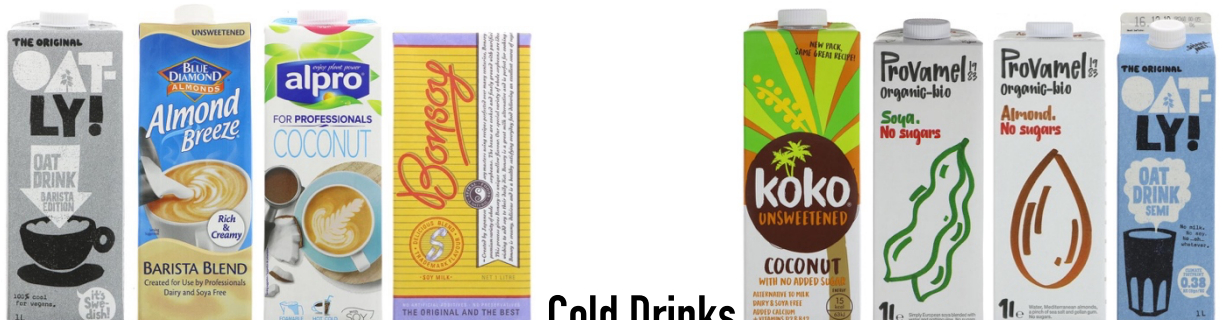
Tea - English Breakfast, Earl Grey, Decaf, Cranberry & Apple Bazaar, Pina Colada, Japanese Sencha, Rooibos, Mint Choc Rooibos, Laid Back Lavender, Calming Chamomile, Pure Ginger, Perky Peppermint

Pot for 1 2.90 / Pot for 2 3.70

Special Hot Chocolate - Enchant-mint, Black Forest	1 size (10oz) 4.20
Hot Chocolate (Standard)	Reg 2.80 / Lrg 3.00 / Ex Lrg 4.10
White Hot Chocolate	Reg 2.80 / Lrg 3.00 / Ex Lrg 4.10
Pumpkin Spiced Latte (no coffee)	Lrg 3.30 / Ex Lrg 4.60
Beetroot, Matcha, Turmeric Latte (no coffee)	1 size (8oz) 3.30
Chai Latte (no coffee)	Lrg 3.00 / Ex Lrg 4.40
Kid's Fluffy (Steamed Milk)	1 size (4oz) 1.60
Whipped Cream or Marshmallows	Per portion 0.60

All our coffee drinks are served with 2 shots of espresso. If you prefer a weaker coffee, please ask for a single shot

All our drinks are made with plant milk. Ask for recommendations when you order



Hot Drinks

Cold Drinks

Cold Drinks

Smoothies – Tropical Breeze, Berry Bliss, Breathe Easy, Immune Booster	5.00
* Made with almond milk as standard, just ask if you'd like a different milk	
Iced Coloured Latte – Beetroot, Matcha, Turmeric	4.60
Marvellous Milkshakes – Bakewell Tart, 'Nutella', Banoffee, Strawberries & Cream, Lime Matcha (GF)	4.50
* Made with soya milk as standard, just ask if you'd like a different milk	
Milkshakes – Banana, Caramel, Chocolate, Strawberry, Vanilla (GF)	4.00
Iced Coffee – Black / Over Ice / Blended / Mocha	3.30 / 4.00 / 4.30 / 4.70
Lemonaid – Passionfruit	3.00
Mac's – Feijoa, Pear & Elderflower	3.00
L&P (440ml)	2.40
Juice – By the glass, Apple or Orange	Kids (200ml) 2.00 / Adult (250ml) 2.30
Cawston Press Cans – Elderflower, Rhubarb & Apple	2.00
Karma Kola Cans – Lemony, Gingerella, Cola, Sugar Free Cola	2.00
Bottled Water – Still, Sparkling	1.30

SMOOTHIES

TROPICAL BREEZE (1)

Mango, Strawberry & Banana

Protective antioxidants, heart healthy, immune boosting

BERRY BLISS (2)

Spinach, Blueberries, Strawberries, Avocado, Cinnamon, Almond Milk

Anti-ageing, anti-inflammatory, heart healthy, brain booster

BREATHE EASY (3)

Spinach, Red Grapes, Banana, Almond Butter, Almond Milk

Protects your heart, your blood vessels, your bones and your brain

IMMUNE BOOSTER (4)

Spinach, Pineapple, Mango, Avocado, Ginger, Almond Milk

Immune system booster, heart healthy, anti-inflammatory



100% Vegan

Smoothies have been developed by Debbie Vanderboom,
Nutritional Advisor
www.benaturalnutrition.co.uk
INTRODUCTORY OFFER 10% OFF FIRST CONSULTATION

Please note: Our blender jugs and steam wand on the coffee machine, used to heat the milk, are used with all plant milks. While cleaned in between use, traces of soya, almond, oat and coconut may remain.

Please advise a member of staff if you have any allergies. We have a full allergen list available.

(GF) = Gluten Free (GFO*) = Gluten Free Option + *an extra charge may apply

Savoury Breakfast & Lunch Options

BAMT Bagel – Vegan 'bacon', avocado, mayo & tomato	5.80
Sausage Bagel	5.80
Rosemary & red onion sausages, melted vegan smoked gouda or cheddar and choice of 1 sauce: chutney / ketchup / mustard / brown sauce (not GF) / mayo	
Avocado on – Toast (GFO*) / Bagel	5.00 (+0.40 GF) / 5.20
Served with chilli flakes, smoked salt, pepper and a slice of lemon	
* Choose Granary / Vogels (soy & linseed) / Gluten Free Bread (extra charge)	
Perfectly Posh Toasties	
* Greek Feast (GFO*) – Vegan feta, pesto, sundried tomato & spinach	4.80 (+0.40 GF)
* Mr. Croc – Vegan smoked Gouda, Tofurky 'ham' & mustard (not GF)	4.80
* Sausage Toastie (GFO*) – Rosemary & red onion sausages with choice of 1 sauce: chutney / ketchup / mustard / brown sauce (not GF) / mayo	5.00 (+0.40 GF)
Splendidly Simple Toasties – (GFO*)	3.80 / 4.00 / 4.00 (+0.40 GF)
Plain Cheddar / Cheddar & Tomato / Cheddar & Onion	
Salads (GFO)	Side 3.50
* See board for daily options and allergen info *	Med 7.00 / Lrg 8.50
Phat Pasty – Butternut Squash, Feta & Spinach / Keralan Cauliflower	4.00
* See board for daily options and allergen info *	
Cheese & Spinach Muffin (GF)	3.00
Toast – Granary / Vogels (soy & linseed) / Gluten Free	2.30 / 2.30 / 2.70
*served with vegan spread & jam	
Sausage Roll	2.00
Extras –	
* Onion, Tomato, Spinach	0.60
* 'Bacon' (x2) / 'Sausage' (x1) / Tofu Scramble	1.50
* Vegan Cheese Slice / Hummus	1.20
* ½ Avocado	2.00

Please note: all menu items are subject to availability

Check out our Seasonal Menu for specials

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Sweet Treats

Home-made Granola – with toasted almonds, oats, seeds and dried fruit *served with fruit compote and yoghurt or milk (GF)	5.00
Apple Cake with maple drizzle – Served warm with ice cream	4.60
Cinnamon & Raisin Bagel – with vegan cream cheese & jam	4.00
Large Cake Slice – *See board for options and allergen info*	3.60
Banana Walnut Loaf – 2 slices toasted (GF)	3.20
Add Vego hazelnut chocolate spread *nuts	0.40
Brownie (GF)	3.00 / 3.60
* See board for daily options and allergen info *	
Loaf Cake Slice – (GFO) Eg. Sticky Ginger, Mocha *nuts, Carrot Cake, Blueberry & Lemon, Orange, Biscoff	3.00
*See board for daily options and allergen info *	
Millionaire's Shortbread – Refined Sugar Free (GF) *nuts	3.00
Peanut Butter & Chocolate Slice (GF)	3.00
Sweet Muffin – Banana Chocolate Chip or Pumpkin Spice (GF)	3.00
Cupcake (GFO) – *See board for options and allergen info*	2.50 - 3.20
Berry Filled Croissant	2.00
Bliss Ball – energy snacks	2.00 / 2.20
*See board for daily options and allergen info *	
Fancy Cookie (GFO)	1.80
Chocolate Chip Cookie (GFO)	1.60
Anzac Biscuit (GF)	1.20

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Thank you for visiting us



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