

# FOOD&MOOD by Bahar

## Hot drinks

*Espresso- Americano £2.85*

*Flat white £3*

*Cappuccino-Latte £3.3*

*Matcha late £3.5*

*Iced coffee £4.5*

## Speciality Hot Drinks

### **Golden Turmeric latte (VG) £4**

*Turmeric, ginger, black pepper, cinnamon, plant based milk*

### **Bulletproof Coffee (VG) £4.75**

*MCT oil, coconut butter, honey, coffee*

### **Energizing Mushroom latte (VG) £4.95**

*Peanut butter, oat milk, organic mushroom blend powder, date*

## Fresh Juices

### **Boost your immune £5**

Watermelon and mint

### **Green Energizer £5**

Celery, Spinach, Pineapple, Lemon

### **Summer detox £5**

Apple, cucumber, ginger

Dairy free (DF) Gluten free (GF) Vegan (VG) Vegetarian (V)  
All dishes may contain gluten and nuts.

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## Smoothies

### **Collagen smoothie (VG) £6**

*Coconut yoghurt, mixed berries, vanilla extract, collagen powder*

### **Pink power (VG) £6**

*Anti inflammatory smoothie*

*Banana, raw beet, plant base milk, strawberry, flaxseed, honey*

### **Mood booster (VG) £6**

*Pineapple, spinach, grape, banana*

### **Energizer (V) £6**

*Cacao powder, Greek yoghurt, banana, peanuts butter, honey*

## Breakfast pots

### **Yoghurt and granola (V) £6**

*Greek yoghurt, honey, homemade granola, fresh seasonal fruits, roasted peanuts.*

### **Super Acai (VG) £6.5**

*Acai puree, Banana, homemade granola, fresh fruits*

### **Spirulina power (VG) £6.5**

*Organic spirulina powder, medjool date, banana, fresh fruit and coconut yoghurt*

### **Chia pudding (VG) £6**

*Organic chia seeds, honey, oat milk, fresh seasonal fruits and org goji berries.*

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## Eggs & Toast

### **Banana toastie (VG) £6.5**

*Organic Cacao and coconut spread, banana, walnuts, sourdough toast £6.5*

### **Scrambled toastie (v) £7**

*Two free-range eggs with sumac butter on sourdough toast*

### **Smashed avocado (VG) £7.5**

*Avocado, chili flake, lemon zest, olive oil, mix seeds, toasted sourdough*

### **Oven roasted tomatoes and rocket toast. (V) £9.5**

*Two free range poached eggs, roasted cherry tomatoes and rocket salad on sourdough toast*

### **Persian Breakfast (V) £11.5**

*Two free range fried eggs with fresh salads, feta, honey, jam and cream serves with Persian bread.*

## Salads

### **Quinoa tabbouleh salad (VG) £8.5**

*Quinoa, peppers, cucumber, tomatoes, red onion, pomegranate, dried apricot, parsley, mint and lemon and angelica powder dressing*

### **Lentil and wild rice salad (VG) £8.5**

*Cooked lentil with spices, wild rice, parsley, fried onion, sultan, olive oil*

### **Kale and sweet potato salad (V) £8.75**

*Roast sweet potato with smoked paprika, kale, broccoli, feta, mix seeds and tahini and sumac dressing*

### **Burrata (V) £9.5**

*With heirloom tomatoes, Thai basil and green pesto*

*\*extras: Avocado £2.5 Egg £2 Roasted sweet potato £2 Feta cheese £2.5 Hallumi £2.5*

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## Main

**Moroccan spiced roasted tofu (VG) £10.5**

*With ratatouille, couscous, parsley*

**Roasted vegg and hallumi (V) £11.5**

*With rocket, sundried tomatoes, Food&Mood za atar hummus*

**Chickpea, spinach, paneer and preserved lemon stew (V) £11.5**

*Serves with saffron rice*

## Sweets & bars

*Butter croissant £2.50*

*Chocolate croissant, pain au raisin £2.85*

*Carrot and ginger cake £4.5*

*Banana bread. (DF)£4.5*

*Gluten free brownies (GF) £3.5*

*Gluten and dairy free upside-down apple cake (DF)(GF) £4.5 Vegan mix  
berry cake (Vg) (DF) £4.5*

*Date and coconuts energy ball. (DF)(GF)(Vg) £2.85*

*Oatmeal and peanuts butter protein balls. (DF)(GF)(Vg) £2.85*

## The Chef's note:

*It is our promise that we proudly support organic, local, and ethical suppliers and farms*

*We care about our customers health and wellbeing and the health of our environment.*

*We use free range eggs from Clarence court farm in all of our dishes.*

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