

Organic Soft Drinks £2.45

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| Elderflower | Apple Juice |
| Apple & Ginger | Lemonade |
| Ginger Beer | Carrot & Apple |
| Raspberry & Pear | Orange Juice |

Water (still/sparkling) £2.20

Organic Coffees

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| Espresso | £2.00 |
| Americano | £2.40 |
| Cappuccino | £2.85 |
| Latte | £2.95 |
| Flat white (Double shot) | £3.10 |
| Mocha | £2.95 |
| Coffee Substitute | £2.40 |
| Hot Chocolate | £2.95 |
| Soya milk available | |
| Decaf available | |

Teas £2.25

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| English Breakfast | Chamomile |
| Earl Grey | Peppermint |
| Three Ginger | Green Tea |
| Decaf Tea | |

Breakfast Menu

Served 9am to 11am



Bowl of Organic Granola with Greek Yoghurt, Berries & Honey. £2.85

Plain scrambled eggs on toast £3.25

Scrambled Eggs & Smoked Salmon on toast £6.75

Spinach, Tomatoes & Mushrooms on Toast (vegan) £5.95

Baked Portobello Mushroom with creamy Wilted Spinach & Goats Cheese £6.20

Beans on Toast £3.45

Toast & Butter £2.50

Toast, Butter & Jam £2.75

Menu

Open Monday to Friday 9am to 4pm

Lunch served 12 to 2.30pm

Last lunch order by 2.15pm



Organic

At The Sanctuary of Healing Organic Café we strive to offer you fresh, nutritional, tasty food prepared daily by our chefs. We cater for dietary needs & food intolerances as much as possible.

We offer a wide variety of freshly made gluten-free, dairy-free and sugar-free produce that we hope you enjoy.



Lunch Menu

Served daily from 12pm till 2.15pm

Chef's Organic Specials

Chef's favourites and most seasonal offerings, with a choice of vegetarian, gluten-free, dairy free and Vegan meals.

—Please see chalkboards for daily specials—

Soup of the Day

—Please see the Soup board—

Vegan & Gluten Free. Served with fresh-baked bread

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| Small | Large |
| £4.10 | £6.20 |

Gluten Free bread also available

Organic salads

A fresh selection of seasonal produce, drizzled with dressing and served with fresh bread.

[Why not add a cup of our delicious soup for £1.50](#)

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| Garden salad (VE) | £8.70 |
| Garden salad with Cheese (V) | £9.70 |
| Garden salad with Egg Mayo (V) | £9.70 |
| Garden salad with Chicken | £10.70 |
| Greek Salad with Feta cheese and olives (V) | £10.95 |
| Cobb Salad with hot chicken & bacon, Stilton cheese and boiled egg | £12.45 |
| Tofu Salad with basil & smoked tofu avocado and hummus (VE) | £11.95 |

Sandwiches

All sandwiches are prepared on wholemeal bread. If you prefer white bread, please ask when ordering.

Served with a salad garnish and crisps.

[Why not add a cup of our delicious soup for an extra £1.50](#)

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| Smoked Salmon <i>with Cream Cheese & Cucumber</i> | £8.00 |
| Chicken <i>with salad & mayo</i> | £7.00 |
| Balti Chicken <i>with salad & Balti mayo</i> | £7.50 |
| Cheddar Cheese <i>with salad & mayo (V)</i> | £6.50 |
| Veggie (VE) <i>A salad filling with avocado and hummus</i> | £6.50 |
| Egg Mayo (V) | £6.50 |

Lighter bites

For the smaller appetite

A smaller sandwich, prepared on a bread roll, served with crisps and a salad garnish.

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|---------------------------|-------|
| Chicken | £4.50 |
| Cheese, or Egg Mayonnaise | £4.00 |

[Add a cup of soup for £1.50](#)

Please note:

Our mayonnaise and Salad Dressing are Vegan and Gluten Free.

Gluten Free Bread is always available. (Contains Egg)

Our Daily Fresh Baked Bread is Vegan.

Cake & Biscuit Selection

Check our counter for a wonderful selection of freshly baked cakes & biscuits, all individually priced.

Gluten Free and Vegan cakes and biscuits are available, why not try them, you might be pleasantly surprised!

Organic Ice-Cream

Dairy free (Made with nuts)

Vanilla Raspberry ripple Chocolate

1 scoop £1.25 2 scoops £2 .50 3 scoops £3.75

We are aware of Food Allergies and Intolerances. Please enquire about the ingredients in your meal when placing your order.

Please notify a member of staff about any special dietary requirements, and we will do our best to accommodate your needs.

The availability of organic produce may affect our menu.

(GF) Gluten-Free (V) Vegetarian (VE) Vegan



Organic Shop

We also stock a range of organic produce available for purchase. This includes pulses, beans, rice, pasta, butters, snacks and teas.