



LUNCH

12.00 - 14.30

Après
FOOD CO.

All our dishes are freshly prepared to order and each are served as soon as they are ready; please bear with us during our busy periods.

Designer Salads

One - 5.5 Two - 9.5 Three - 13

We recommend choosing two or three as a main.
All can be made nut free or vegan.

Warm Ragu of Chickpea, Tomato, Chilli, Lime & Coriander (V) (GF)
garnished, natural pro-biotic yoghurt* & lemon juice
*replace natural pro-biotic yoghurt +.50 (V) (V) (DF) (GF)
with coconut yoghurt

Roast Beetroot & Puy Lentil (V) (V) (DF) (N) (GF)
fresh parsley & orange with blossom dressing, garnished with
toasted pistachios

Warm Roast Butternut Squash, Roast Red Pepper & Feta Salad (V) (GF)
with spring onions, toasted pine nuts & balsamic drizzle
*replace feta for avocado (V) (V) (DF) (GF)

Chargrilled Broccoli (V) (V) (DF) (N)
with chilli & garlic infused extra virgin olive oil, lemon juice &
toasted flaked almonds

Pair with a Side

Sweet Potato Fries (not actually fried, we roast them) 3.5 (DF) (GF)

Dressed Avocado 3 (GF)

Lemon & Thyme Ripped Free-Range Roast Chicken 5 (GF)

A Slice of our Homemade Toast/Bread 1.25 (GF)

Our homemade Mayonnaise / Chilli Jam / Ketchup 5 (V) (V) (DF)

Après Hash 3 (DF) (GF)

Brunch

Après Hash 10.5 (V) (DF) (GF)
(sweet potato, caramelised onion & spinach) with a softly
poached egg & salad garnish.
or with dressed avocado & salad garnish (V) (V) (DF) (GF)

Après Eggs 10.5 (V) (GF)
rich tomato, onion, red pepper & spinach sauce, cooked "forever",
fresh coriander, lemon juice & a pinch of cayenne pepper with
dressed rocket & watercress & a slice of our home-made toast,
topped with a softly poached egg, feta cheese, natural probiotic
yoghurt (V) (V) (DF) (GF)
or top with avocado & coconut yoghurt

Lambton & Jackson Smoked Salmon or Free Range Blossom Bacon 12.5 (V) (DF) (GF)
with avocado & a softly poached egg on our toast with fresh
chilli, rocket, watercress dressed with our chili & garlic infused
extra virgin olive oil

Pancakes 6.5
our American style pancakes and blossom, made with Rude
Health oat milk (V) (DF) (GF)
top with three rashers free range smoked streaky bacon &
blossom **or** two free range pork sausages & blossom 4.5 (DF) (GF)
or L&J smoked salmon, natural yoghurt & poached egg 5.5 (GF)

Soup Of The Day

Seasonal Soup 5.95 (GF)
with our warm homemade bread & butter

COME AND SEE OUR DELICIOUS
HOMEMADE CAKES

Main Dishes

Lambton & Jackson Kiln- Roast Salmon Fishcake with a Softly Poached Egg 12.5 (DF) (GF)
salad garnish & our homemade mayonnaise
+ cheddar 1.5

Lemon & Thyme Roast Chicken Salad 12.5 (N) (GF)
with maple dressing & toasted hazelnuts

Warm Homemade Shortcrust Pastry Tart 9.5 (GF)
with a dessed salad

Try with...

+ sweet potato fries	3.5
+ cheddar	1.5
+ blossom bacon	3
+ 1 designer salad	3.5
+ 2 designer salads	6.5



Street Food Sandwiches

Melting Cheddar, Spring Onion, Tomato & Avocado 7.5 (V) (GF)
with a fresh coriander chutney

Aubergine Sabich 7.5 (V) (V) (DF) (GF)
slow roast aubergine, lemon, parsley & chilli dressing,
drizzled with Belazu tahini

Add in sandwich...

+ sweet potato fries	3.5
+ poached egg	1.5

Lemon & Thyme Roasted Chicken 7.5 (GF)
with avocado & homemade pesto

A word about food allergies and intolerances: we are unable to guarantee the absence of nuts and other allergens in our dishes, so please speak to our staff about the ingredients in your meal when ordering.

A discretionary 12.5% service charge will be added to your bill

(V)vegan (V)vegetarian (DF)dairy free (N)contains nuts (GF)gluten free

OUR MISSION AND OUR SUPPLIERS



Nothing about what we do and what we stand for is conventional. Our goal has always been to create something that will stick. Forever. Something that is essential understanding for us all. Our goal is to create a catalyst for conversation and to inspire people to evaluate their lifestyle and what and how they eat, understanding the impact this has on their body and life.

We are sharing knowledge about how our bodies function, using the science-based, holistic, patient-centred approach of functional nutrition, paired with years of experience in the kitchen. We want to dispel the common myths around food to help understand how our bodies behave and why, so that we can make educated decisions for ourselves. A lot of people still don't understand the power of the food they are eating.

We think it's more important than ever for us all to be accountable. Accountable for the health of our body and for the health of our planet. As you can see from the lovely suppliers we've partnered

with and the packaging we use - all of which is plant based, without the use of plastics.

Faced with fundamentally broken food and health systems, often distorted by profit and political gain, systems living off of our ignorance, but... we can no longer be ignorant. We cannot change what we don't know. So Catherine (a chef and accredited nutritional therapist in functional nutritional medicine) and Danny came together to show you what you may not know. And once you know... what will you do? How will you adapt?

We believe that health starts with the food you eat; our menu is packed full of delicious recipes using natural and nutrient-rich ingredients that taste amazing and leave you feeling good. This is food you want to eat, and the twist is it's actually truly health-giving too!

Our revolution overturns the conventional idea of healthy food and healthy eating... we will show you how.

THE BUTCHERS BLOCK

The Butchers Block supply all of our meat. They are a traditional catering Butchers and proud members of the sustainable restaurant association, demonstrating this commitment to sourcing fairly reared and sustainable produce. This helps to protect the environment and gives back to our local and wider community. All their produce comes from small family run farms across the UK who rear their livestock traditionally.

They supply our free-range fully traceable meat, from happy animals, fed on grain, grass and hay which don't contain additives, steroids or GM ingredients.



We work with Natoora who supply all of our fruit and vegetables, many of our cheeses, The Estate Dairy milk and cream, charcuterie & our Cornish St.Ewe free-range eggs. Natoora work with small scale farmers who choose to grow organically despite the fact that they are not certified as such.

Natoora source radically seasonal produce that highlights the true cost of farming; protects the land from soil depletion and favours sustainable, nutritionally dense crops with revolutionary flavour.



Infinity Foods are one of the UK's leading national and international distributors of high quality, organic, biodynamic, fairtrade and natural products. They supply all of our dry goods.