

ALL DAY MENU

granola | 9

mixed nuts, omega seeds, poached blackberries, fig + coconut yogurt **(vg, 🌱)**

porridge | 9.5

3 grain porridge, vanilla poached pear, carob coconut yogurt, hazelnut butter, fresh apple **(vg, 🌱)**

add omega seeds, baobab, maca, chia seeds or hemp protein powder | 1

scandi | 12.5

smoked salmon, avocado, cucumber, labneh + poached egg, seeded rye bread

add extra egg | 2.25

wild mushrooms | 14

thyme sautéed wild mushrooms, sage roasted pumpkin, toasted pumpkin seeds + poached egg on sourdough **(v)**

falafel wrap | 12.5

falafel wrap with turmeric hummus, pickled onions, spinach, cucumber and tomato **(v)**

served with the salad of the day or sweet potatoes

jerk chicken wrap | 16

jerk rubbed chicken breast, melted cheddar, pineapple + scotch bonnet salsa, lime + herb slaw + sriracha mayo, served with sweet potato fries

vegan burger | 16.5

veggie mushroom patty, lettuce, tomato, red onion, pickle, vegan cheese & vegan burger sauce

served with sweet potato fries **(vg)**

simply sourdough

+ eggs | 8.5

scrambled / fried / poached eggs or scrambled silken tofu with kala namak **(vg, 🌱)**

add bacon, halloumi or avocado | 4.5
salmon | 6

savoury waffles | 13.5

chickpea + courgette waffles, labneh, avocado, dressed kale, hazelnut dukkah + poached eggs **(v, gf, 🌱)**

baked eggs | 13.5

rose harissa, sweet pepper + tomato butterbeans, soft herbs, house made labneh, hazelnut dukkah + charred sourdough **(v, 🌱)**

nlg vegan breakfast | 14.5

plant sausage, house beans, kale, jackfruit hash, scrambled tofu (red onion, red pepper + mushrooms) on sourdough **(vg)**

salmon poke bowl | 14.5

turmeric + chilli pineapple, pickled carrot, crispy shallots, avocado, sesame seeds, wasabi cream + brown rice

tagine bowl | 13

chickpea falafel balls, sesame seeds, vegetable tagine, preserved lemon + herb Israeli cous cous **(vg)**

grain bowl | 13

turmeric spiced hummus, citrus kale, crispy chickpeas, watercress, micro-greens, pickled red onions + red quinoa **(vg, gf, 🌱)**

add salmon | 6 jerk chicken | 5.5
grilled halloumi | 4.5 poached egg | 2.25

buckwheat pancakes | 13.5

maca cream, tahini caramel, glazed bananas + pecan crumble **(v, gf)**

avocado | 12.5

edamame, samphire, watermelon radish + poached egg on sourdough **(v)**

nlg breakfast | 14.5

herbed sausage, smoked streaky bacon, roast plum tomatoes, house beans, eggs on sourdough

sides

sourdough toast | 3 add butter + jam | 1

eggs / gf toast / bacon / chorizo / kale roast plum tomatoes / wild mushrooms pork sausages / jackfruit hash / avocado halloumi / scrambled tofu sweet potato / fries flatbread | 4.5

plant sausages / smoked salmon | 6

daily soup | 6

please ask for today's specials **(v)**

add slice of sourdough | 1.5

salad of the day | 8

please ask for today's specials **(v, 🌱)**

add salmon | 6 poached egg | 2.25
jerk chicken | 5.5
grilled halloumi | 4.5 omega seeds | 1

nue | ground

weekdays from 8am to 3pm
weekends from 8am to 4pm

DRINKS

COFFEE

by origin

espresso	2.8
long black americano	2.8
filter cup 2.8 pot 5.5	
flat white latte	3.2
cappuccino	3.8
mocha	2.8
macchiato piccolo	2.9
cortado	2.9
nootropic coffee	5

shot of coffee, mushroom mix (shiitake, maitake, reishi)

decaf + 30p large/extra shot 60p
oat, coconut or potato milk + 60p
add cbd oil, maca, chia,
omega seeds or baobab + 1

PRESSED JUICE | 4.95

- orange • apple
- carrot, apple, ginger + turmeric
- beetroot, apple, lemon + ginger

add a health booster to your juice or smoothie | 1

omega seeds, baobab, maca, chia seeds, hemp protein, cbd, coconut oil, collagen

TEAS | 3.5

nue | ground blends (pot)

english breakfast	
earl grey	
fresh mint	
jasmine green	
red berry	
fresh camomile + 15p	
digestif + 50p	
peppermint, dandelion, liquorice, fennel	
energise + 50p	
lemon, ginger	

SMOOTHIES | 7.45

summer bliss

mango, coconut yoghurt, omega seeds, banana, turmeric, oats, dates, coconut water + coconut flakes

vitamin boost

red berries, baobab, carrot, beetroot, ginger, apple, lemon

green remedy

kiwi, spirulina, pineapple, lemon, apple, carrot, ginger, spinach

banana + cocoa protein + 50p

hemp protein, banana, avocado, hazelnut butter, oat milk, carob, cocoa

SUPER LATTES | 5

iced + 50p

mindful latte + 1	
cbd, blue pea flower, ashwaganda, maca, tahini, oat milk	
turmeric + ginger	
immunity support	
super detox + 1	
charcoal, carob, vanilla oat milk	
glowing latte + 1	
collagen, açai berry, baobab, beetroot, agave, oat milk	
ceremonial matcha + 50p	
high in antioxidants, contains caffeine	
nue chai	
supports digestion	

HOT CHOCOLATE

pump street

75% pump street 4.2	
75% single farm cocoa	
adaptogenic 6	
mushroom super blend, carob, coconut oil, agave, oat milk	
vegan indulgence 6	
cocoa, peanut butter, cream, oat milk	
add marshmallows + 1	
cream (vg) + 1	

SPECIALITY

brite | 4.5

mango or raspberry

cbd rose + raspberry 4	
still/sparkling water 1	
100% from sale goes towards sustainable water projects	
clever kombucha 4.5	
original or ginger	
feel good can 3	
apple rhubarb or raspberry hibiscus	
ful: sparkling spirulina + peach 3.5	

WHITE WINES

chardonnay igp oc, les fleurs de montblanc

2019, loire, FR 125ml | 4.5 bottle | 27

le paradou viognier, château pesquié

2020, rhône, FR 125ml | 4.5 bottle | 28

picpoul de pinet, villa des croix

2019, languedoc, FR 125ml | 5 bottle | 30

white rabbit riesling

2018 bottle | 30

armas de guerra godello

2018 bottle | 35

chablis domaine des hates

2018 bottle | 40

RED WINES

casa valduga cabernet

2015, FR 125ml | 6 bottle | 35

zeledonio rioja crianza, bodegas domeco de jarauta

2018, la rioja, SP 125ml | 6 bottle | 35

chinon les barnabes

2018, FR bottle | 50

SPARKLING

noughty alcohol free sparkling white, DE bottle | 25

prosecco lampo borgoluce brut 125ml | 7.5 bottle | 29

paul bara brut réserve, champagne bottle | 69

SHOTS | 3.75

immunity

ginger, turmeric, lemon, apple

vitamin C

beetroot, apple, lemon, ginger, baobab

cleanser

carrot, ginger, apple, lemon, cayenne

ceremonial matcha

ROSÉ

triennes rosé, triennes

2019, provence, FR 125ml | 7 bottle | 36

COCKTAILS

mimosa | 10

the twinkle | 12

elderflower – fizz – uplifting

prosecco, st germain elderflower liqueur + renaissance vodka

bloody mary | 12

tomato – spice – rejuvenating

renaissance vodka, house spice mix, fino sherry + tomato juice

classic espresso martini | 12

espresso – moreish

fresh espresso, coffee liqour, vodka + agave

abbeville spritz | 12

bitter orange + rhubarb – herbal – refreshing

infused lemongrass + blackberry aperol, prosecco, organic sicilian oranges

four pure lager (4.2%) | 5.5

please note that we are cashless. if you suffer from any allergies, please inform a member of staff.

12.5% discretionary service charge will be added to your bill. we are a proud member of the Sustainable Restaurant Association.