

Soulshine



Take your time. Unwind your mind.

COFFEE

Espresso	£2
Flat White	£2,6
Latte	£2,6
Cappuccino	£2,6
Americano	£2,5
Mocha	£2,7
Long Black	£2,5
Macchiato	£2,3
Pour over	£2,7
Hot chocolate	£2,6
Kids hot chocolate	£2
Babyccino	60p

Hey - all our milk is **organic**, unhomogenised, semi-skimmed from Bruton Dairy in Somerset.

Swap cow's milk for Bonsoy, almond or oat milk for 60p

COFFEE COOLERS

Iced latte	£2,6
<i>double espresso, milk, vanilla extract, sugar syrup, ice</i>	
Maple coffee crunch	£3
<i>double espresso, blended ice, milk, maple syrup, vanilla</i>	
Like Dust, I'll Rise	£3,9
<i>double espresso, banana, cacao, milk, crushed ice</i>	

Mug of tea
£1,5
(decaff too)

POTS OF LOOSE TEAS & INFUSIONS

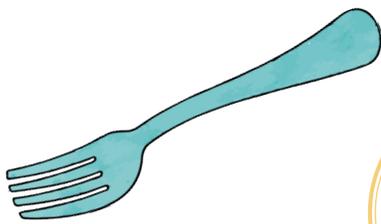
English Breakfast	£2,4	Red Berry & Hibiscus	£2,6	Green Jade Tips	£2,8
Decaf Eng Breakfast	£2,4	Chamomile flowers	£2,6	Jasmine Pearls	£2,8
Earl Grey	£2,4	Triple Mint	£2,6	Darjeeling	£2,8
Rooibos	£2,4	Lemongrass & Ginger	£2,6		

EXTRACT
COFFEE
ROASTERS

Speciality roasters like Extract pay **more** for their coffee than fair trade prices



CANTON
TEA CO



BREAKFASTS

 9:00 til 11:30am

Full English £10.5
Sausage, bacon, mushrooms, roasted tomatoes, poached egg, homemade beans, toast & butter

Veggie English ^v £10
Sweet potato fritter, mushrooms, roasted tomatoes, two poached eggs, homemade beans, toast & butter

Vegan English ^v £10
Sweet potato fritter, crushed peas, mushrooms, roasted tomatoes, homemade beans, toast & olive oil

Two poached eggs on toast ^v £6
add bacon £1.5

Crushed peas, roasted tomatoes & harissa on sourdough toast ^v £7
add a poached egg £0.5

Smoked salmon and cream cheese on toast with tomato & caper salsa £8

Canadian pancakes ^v £6
with organic maple syrup or honey and apple compote
add bacon £1.5

Bellair Haye Bacon sandwich £6.5

Bellair Haye sausage sandwich £7

Homemade granola, soy yoghurt and fruit ^v £6.5

Toast and homemade preserve ^v £2.5

Sorry but we are unable to offer alterations on Saturdays or other busy times.

LUNCHES

 12:00 til 3pm

Mix of counter salads ^v small £6.5
large £8

Frittata of the day ^v £7.5
See board. With salad and slaw.

Five-spice pulled pork burger £9.5
in homemade bun, apple & fennel slaw

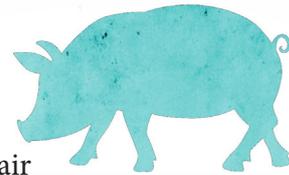
Moroccan chicken salad £9
Free-range chicken in ras el hanout, on leaves with turmeric & sultana yoghurt

Steamed local mussels £7.5
in white wine & cream sauce, served with our own baked bread

Caponata & homebaked bread ^v £8
Sicilian-style aubergene summer stew

Hummus, olives and bread ^v £4.5

All our **bacon** and **sausages** come from pigs lovingly reared outdoors up the road at Bellair Haye farm



SANDWICHES

 12:00 til 3pm

Outdoor reared ham £8.5
with homemade piccalilli

Somerset cheddar & chutney ^v £8

Roast cauliflower & hummus ^v £7.5
with Za'atar dressing

Smoked salmon, cream cheese £8
with pickled cucumber

Cow's milk halloumi ^v £8
Hand-made halloumi, harissa & pickles

All made to order and served with dressed local leaves & slaw on a choice of homebaked sourdough, ciabatta or gluten free bread.



Our bread is freshly baked in our kitchen using **organic** flour

JUICE BAR

 Open from 9am - 3pm



SMOOTHIES

Berry Bliss £3.8 kids £2.8

Mixed berries, banana, almond milk, apple juice

Ziggy Stardust £3.8 kids £2.8

Fresh turmeric, cinnamon, mango, banana, ginger, apple juice, cracked black pepper

Nuts for Peanuts £3.9 kids £2.9

Peanut butter, cacao, banana, almond milk

Summer Lovin £3.9 kids £2.9

Mango, pineapple, banana, orange juice

Healthy and here £3.9 kids £2.9

Local leaves, banana, lemon, ginger, apple juice

Like Dust, I'll Rise £3.9

Double espresso shot, banana, cacao, oat milk

Banana Heaven £3.9 kids £2.9

Banana, oats, honey, cinnamon, oat milk

Priscilla, Peach of the Desert
£3.9 kids £2.9

Peach, strawberries, lime, banana, oat milk

BOOST YOUR SMOOTHIE WITH A SUPERFOOD

Boosters 60p

Spirulina (nutritional powerhouse)

Maca (mood balancing)

Chia seeds (anti-oxidant & omega 6)

Hemp seeds (protein packed)

Wheatgrass (cleansing & detoxifying)

JUICES

Soulshine £3.8 kids £2.8

Carrot, apple, pineapple, ginger, orange juice

Apple-tizing £3.8 kids £2.8

Apple, fennel, lemon

Detox £3.8 kids £2.8

Beetroot, carrot, apple, ginger, lemon

Green Peace £3.9 kids £2.9

Local leafy greens, apple, cucumber lime, ginger, celery, parsley

You're My Sunny Day £3.9 kids £2.9

Pineapple, cucumber, lemon, lime

FRESHLY SQUEEZED:

OJ £2.8 kids £1.8

Apple Juice £2.8 kids £1.8

FROM THE FRIDGE

Whole Earth elderflower can £1.7

Bottle Green Elderflower & pomegranate £2.3

Apple juice carton £1.1

Orange juice carton £1.1

Sparkling water £1.2

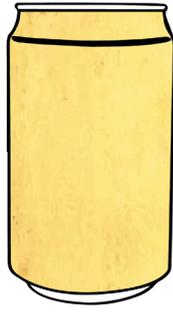
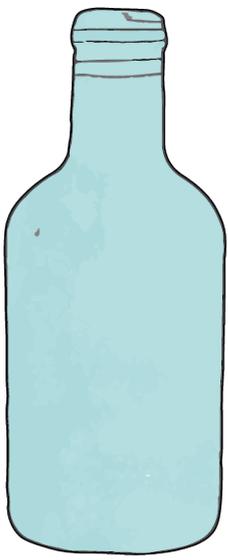
Fentimens:

Ginger beer £2.3

Rose lemonade £2.3

Victorian lemonade £2.3

Cherry tree cola £2.3



BEER

AND

WINE

BEERS

- Moosehead Lager, 35cl, 5% £3,2
easy drinking Pilsner from Canada
- Hogs Back Hogstar, 33cl, 4.5% £3,2
malty, amber lager
- Lagunitas 12th of Never, 35cl, 4.7% £4
Hoppy American Pale Ale
- Flying Dog Easy IPA, 35cl, 4.7% £4
Refreshing session IPA
- Wild Beer Madness, 33cl, 6.8% £4.5
Powerful, hoppy, very strong IPA
- Arbor Shangri-la, PINT, 4.2% £4.5
Gorgeous, hoppy, fruity IPA

CIDERS

- Dorst Nectar Hunny Bubble, 50cl, 3.8% £4.95
Medium cider from these parts. Honey notes
- Dorset Nectar, Elderflower, 50cl, 3.8% £4.95
Medium cider, right local, Elderflower notes
- Purbeck Cider, Dorset Draft, 50cl, 5% £4.95
Medium cider from far off Purbeck
- Purbeck Cider, Dabinett, 50cl, 5% £4.95
Medium single variety from east Dorset

WHITE WINE

- House White £3 £4.2 £15
dry, bright, fruity, from Gascogne
- Parra Jimenez £3.5 £5 £19
clean, fresh, floral, Spanish organic

SPARKLING WINE

- Lunetta Prosecco £20 bottle

ROSE WINE

- House Rosé £3 £4.2 £15
dry, bright, fruity, from Gascogne
- La Colombette £3.6 £5.25 £20
delicate, crisp Grenache

RED WINE

- House Red £3 £4.2 £15
medium bodied, smooth, Garnacha
- Finca Enguerra Organic £22 bottle
full bodied, dark red fruits, Crianza