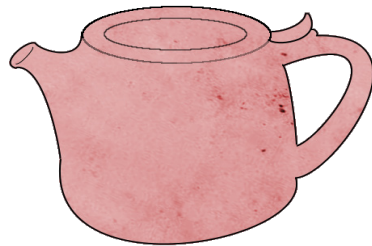


# Soulshine



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 40p

## COFFEE COOLERS

Iced latte	£2.6
<i>double espresso, milk, 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>	

## MUGS

Mug of tea	£1.5
Mug of decaf	£1.5

## 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 <sup>v</sup> £10,5  
*sweet potato fritter, mushrooms, halloumi, roasted tomatoes, poached egg, homemade beans, toast & butter*

Vegan English <sup>vg</sup> £9,5  
*sweet potato fritter, mushrooms, spinach, roasted tomatoes, homemade beans, toast & olive oil*

Two poached eggs on toast <sup>v</sup> £6  
*add bacon or chorizo* £1,5

Scrambled eggs on toast <sup>v</sup> £6,5  
*add bacon or chorizo* £1,5

Turkish eggs with toast <sup>v</sup> £6,5  
*two poached eggs, yoghurt, chilli & dill*

Mushrooms & spinach on toast <sup>vg</sup> £7,5

Canadian pancakes <sup>v</sup> £6  
*with maple syrup or honey*  
*add bacon* £1,5

Bellair Haye bacon sandwich £6,5


Bellair Haye sausage sandwich £7

Porridge <sup>v / vg on request</sup> £6,5  
*with peanut butter, honey and banana*

Toast and homemade preserve <sup>v</sup> £2,5

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

## LUNCHES

 12:00 til 3pm

Soup of the day <sup>v/vg</sup> £6,5  
*with homemade bread & butter*

Frittata of the day <sup>v</sup> £7,5  
*with salad & slaw*

Lamb tagine £10  
*with herby couscous*

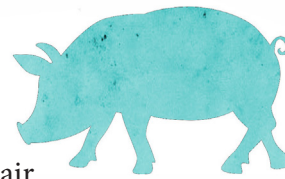
Grilled halloumi salad <sup>v</sup> £8,5  
*with roasted peppers & pickled walnuts*

Dorset rarebit with salad <sup>v</sup> £8


Potato goulash & sauerkraut <sup>vg</sup> £8  
*with homemade bread*

Baked eggs in tomato sauce <sup>v</sup> £7  
*with feta, harissa and homemade bread*

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



## SANDWICHES

 12:00 til 3pm

**Made to order. Served with dressed local leaves & slaw on a choice of homebaked sourdough, ciabatta or gluten free bread**

Italian salami & provolone £8,5  
*from Bridport importer Mercato Italiano*

Cow's milk halloumi <sup>v</sup> £8  
*local cheese with pickles & harissa*

Roasted squash <sup>vg</sup> £7,5  
*with herb and tahini spread*

Marinated feta <sup>v</sup> £8,5  
*with olives, red pepper & cucumber*


Organic peanut butter <sup>vg</sup> £5,5  
*with jam or banana. Served on its own.*

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



Take away a sandwich in a box with salad & slaw. Take £2 off marked price.

## 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, ginger, banana, apple juice, black pepper*

Nuts for Peanuts £3,9 kids £2,9

*Crunchy peanut butter, cacao powder, banana, almond milk*

California Dreamin' £3,9 kids £2,9

*Pineapple, mango, banana, orange juice*

Healthy and Here £3,9 kids £2,9

*Local leafy greens, banana, lemon, ginger, apple juice*

Give it a Chai £3,9 kids £2,9

*Chai spice mix, almond milk, chia seeds, banana*

Like Dust, I'll Rise £3,9

*Double espresso shot, banana, cacao, oat milk*

### JUICES

Soulshine £3,8 kids £2,8

*Carrot, apple, pineapple, ginger, orange juice*

Detox £3,8 kids £2,8

*Beetroot, carrot, apple, ginger, lemon*

Green Planet £3,9 kids £2,9

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

Earthling £3,9 kids £2,9

*Orange, beetroot, celery, red cabbage, turmeric*

### FRESHLY SQUEEZED:

OJ £2,8 kids £1,8

Apple Juice £2,8 kids £1,8

### 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)*





## BEER

## WINE



## SOFT DRINKS

### BEERS

Moosehead Lager, 35cl, 5% <i>Easy drinking pilsner from Canada</i>	£3.2
Hogs Back Hogstar, 33cl, 4.5% <i>Malty, amber lager</i>	£3.2
Lagunitas 12th of Never, 35cl, 5.5% <i>Hoppy American Pale Ale</i>	£4
Flying Dog Easy IPA, 35cl, 4.7% <i>Refreshing session IPA</i>	£4
Arbor Shangri-la, PINT, 4.2% <i>Gorgeous, hoppy, fruity IPA</i>	£4.5
Wiper & True Kaleidoscope, 50cl, 4.2% <i>Bright, refreshing pale ale</i>	£4.5

### CIDERS

Purbeck Cider, Dorset Draft, 50cl, 5% <i>Medium cider from Purbeck</i>	£4.95
Purbeck Cider, Dabinett, 50cl, 5% <i>Medium single variety from Purbeck</i>	£4.95
Dorst Nectar Hunny Bubble, 50cl, 3.8% <i>Local medium cider. Honey notes</i>	£4.95
Dorset Nectar, Elderflower, 50cl, 3.8% <i>Local medium cider. Elderflower notes</i>	£4.95

### WINE

	125ml	175ml	bottle
House White <i>Dry, bright, fruity, from Gascogne</i>	£3	£4.2	£15
House Red <i>Medium bodied, smooth, Garnacha</i>	£3	£4.2	£15
House Rosé <i>Delicate, crisp Grenache</i>	£3	£4.2	£15
Lunetta Prosecco			£20 bottle

### SOFT DRINKS

Whole Earth elderflower can	£1.7
Bottle Green elderflower & pomegranate	£2.3
Sparkling water	£1.2
Still water	£1.2
Fentimans ginger beer	£2.3
Fentimans rose lemonade	£2.3
Fentimans Victorian lemonade	£2.3
Fentimans cherry tree cola	£2.3
Fentimans curiosity cola	£2.3
Fentimans dandelion & burdock	£2.3
Fentimans orange jigger	£2.3
Marshwoods apple juice	£1.2

### KAMBOOCHA

Wild Booch lemon & lavender	£3
Wild Booch blackberry, lavender & rose	£3
Wild Booch quince, ginger & bayleaf	£3

