

Soulshine



Take your time. Unwind your mind.

COFFEE

Espresso	£2.2
Flat White	£2.7
Latte	£2.8
Cappuccino	£2.8
Americano	£2.5
Mocha	£3
Long Black	£2.5
Macchiato	£2.5
Pour over	£3
Hot chocolate	£3
Kids hot chocolate	£2.7
Babyccino	70p

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

COFFEE COOLERS

Iced latte	£3
<i>double espresso, milk, sugar syrup, ice</i>	
Maple coffee crunch	£3.2
<i>double espresso, blended ice, milk, maple syrup</i>	
Like Dust, I'll Rise	£3.9
<i>double espresso, banana, cacao, milk, crushed ice</i>	

Swap cow's milk for Bonsoy or oat milk for 40p

MUGS

Mug of tea	£1.5
Mug of decaf	£1.5

POTS OF LOOSE TEAS & INFUSIONS

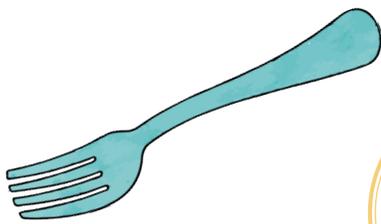
English Breakfast	£2.4	Red Berry & Hibiscus	£2.6	Green Jade Tips	£2.8
Decaf Eng Breakfast	£2.4	Chamomile flowers	£2.6	Jasmine Pearls	£2.8
Earl Grey	£2.4	Triple Mint	£2.6	Darjeeling	£2.8
Rooibos	£2.4	Lemongrass & Ginger	£2.6		

BROADOAK
Small batch coffee, roasted in Dorset

Speciality roasters such as Broadoak pay **more** for their coffee than fair trade prices



CANTON
TEA CO



BREAKFASTS

 9:00 til 11:30am

Full English	£10,5
<i>sausage, bacon, mushrooms, roasted tomatoes, poached egg, homemade beans, toast & butter</i>	
Veggie English ^v	£10
<i>veggie farl, mushrooms, roasted tomatoes, two poached eggs, homemade beans, toast & butter</i>	
Vegan English ^{vg}	£10
<i>vegan sausage, mushrooms, spinach, roasted tomatoes, homemade beans, toast & vegan spread</i>	
Two poached eggs on toast ^v	£6
<i>add bacon, sausage or vegan sausage</i>	
Muhammara, yoghurt, two poached eggs, chilli and flat bread ^v	£7
Smoked mackerel & cream cheese on toast with tomato salsa	£8
Vegan sausage & mushroom butty ^{vg}	£8
Bellair Haye nitrate-free bacon butty	£6,5
Bellair Haye sausage butty	£7
Canadian pancakes & maple syrup ^v	£6
<i>add fresh fruit £1, add bacon £1,5</i>	
Toast and homemade preserve ^v	£3
Bircher muesli, nuts & fresh fruit ^{vg}	£6,5
<i>with plant-based milk</i>	

Most dishes can be made gluten-free. Just ask!

Sorry, lovely customers, we can't take alterations.

Our kitchen is small with, at most, two chefs on. All our food is freshly made right here, and we try hard to make sure our menu has options for all. If we take alterations we struggle to prepare your orders with the efficiency and quality you love us for.

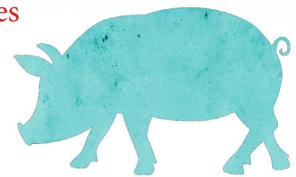
Thanks so much for your understanding.

LUNCHES

 12:00 til 3pm

Fresh bar salads ^{vg}	£6,5 (sm), £8 (lg)
<i>Two choices daily, three on Saturdays</i>	
Muhammara, hummus, olives, dipping oils and flat bread ^{vg}	£5
Classic potato & herb tortilla ^v	£7,5
<i>with dressed leaves and slaw</i>	
Our own chicken burger	£9
<i>with free-range chicken, sriracha mayo, lettuce & pickled cucumber</i>	
Fresh ceviche (fish cured in citrus and coriander)	£11
<i>with salad and tortilla chips</i>	
Tofu & veg Massaman curry ^{vg}	£11
<i>with flat bread and salad</i>	

All our **bacon** and **sausages** are **NITRATE-FREE** and 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

Spiced coronation chicken	£8
<i>using only free range chicken</i>	
Tofu bahn mi, carrot, pickled cucumber, herb, sriracha ^{vg}	£8,5
Smoked mackerel, rocket pesto, pickled onion	£7,5
Hummus, muhammara, lettuce, aubergine ^{vg}	£7,5
<i>add cow's milk halloumi f £1</i>	
Goat's brie, beetroot, tomato chutney ^v	£8,5

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



JUICE BAR



Open from 9am - 3pm



SMOOTHIES

- Ziggy Stardust £4 kids £3
*Fresh turmeric, cinnamon, mango,
ginger, banana, Bridport apple juice,
black pepper*
- Nuts for Peanuts £4.5 kids £3.2
*Organic crunchy peanut butter,
cocoa powder, banana, oat milk*
- Summer Lovin' £4 kids £3
*Pineapple, mango, banana, lemon,
orange juice*
- Cocoa for Now £4.5 kids £3.2
*Organic cocoa, banana, oats, oat milk,
Dorset honey*
- The Rebels & the Bees £4 kids £3
*Local kale, chard / spinach, blackberries,
ginger, rhubarb, cucumber, Dorset honey,
Bridport apple juice*
- We ❤️ Jacinda £4.5 kids £3.2
*Kiwi, banana, grapefruit, ginger,
Bridport apple juice*
- Berry Bliss £4 kids £3
*Mixed berries, banana, oat milk,
Bridport apple juice*

JUICES

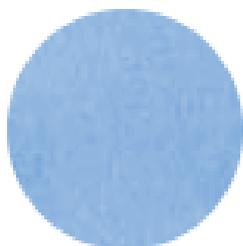
- Soulshine £4 kids £3
*Carrot, apple, pineapple, ginger,
orange juice*
- Detox £4 kids £3
Beetroot, carrot, apple, ginger, lemon
- Tree Hugger £4 kids £3
*Local leafy greens, cucumber, apple
celery, parsley, ginger, lime*
- Strawberry Fields £4.5 kids £3.2
*Strawberries, pineapple, cucumber,
fresh basil*
- Pear it Down £4 kids £3
Pear, grapefruit, ginger, kiwi

- Freshly squeezed OJ £2.8 kids £1.8
Bridport apple Juice £1.8 kids £1

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 pale lager from Canada</i>	£3.2
Hogs Back Hogstar, 33cl, 4.5% <i>Malty, amber lager</i>	£3.2
First Chop Sup 33cl, 4% <i>Vegan, gluten-free session IPA</i>	£4.5
Magic Rock, Highwire 33cl 5.5% <i>West Coast Pale</i>	£4.5
Wiper & True Kaleidoscope, 50cl, 4.2% <i>Pale ale</i>	£4.5

CIDERS

Purbeck Cider

Dorset Draft, 50cl, 5%	£4.9
Dabinett, 50cl, 5%	£4.9

Dorset Nectar Cider

Hunny Bubble, 50cl, 3.8%	£4.9
Elderflower, 50cl, 3.8%	£4.9
Top O'The Hill, 50cl, 5%	£4.9

WINE

White

	125ml	175ml	bottle
House white <i>Dry and bright, cotes de Gascogne</i>	£3.5	£4.7	£17
Finca Enguera 2016			£23 bottle

Red

	125ml	175ml	bottle
House red <i>Medium bodied, smooth, pays de Vaucluse</i>	£3.5	£4.7	£17
Baronne Domaine des Lanes <i>Organic Grenache/Carignan</i>			£24 bottle

Rosé

	125ml	175ml	bottle
House Rosé <i>Delicate, crisp, Grenache</i>	£3.5	£4.7	£17
La Colombette <i>Delicate, crisp, and fresh</i>			£22 bottle

Sparkling

Lunetta Prosecco	£22 bottle
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SOFT DRINKS

Whole Earth elderflower can	£1.7
Sparkling water	£1.2
Bundaberg ginger beer	£2.2
Bradley's Quench still lemonade	£2.3
ChariTea Red	£3
Gusto organic cola	£3.5
Gusto organic blood orange	£3.5
Dalston Cherryade	£2.3

Kombucha

various seasonal flavours	£4
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Switchle Organic Cider Vinegar Drink

matcha, lime & mint	£3.5
rooibos, raspberry, pomegranate	£3.5
turmeric, ginger, peach	£3.5