

# 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.

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

## 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>	

## MUGS

Mug of tea  
£1,5  
Mug of decaf  
£1,5

## POTS OF LOOSE TEAS & INFUSIONS

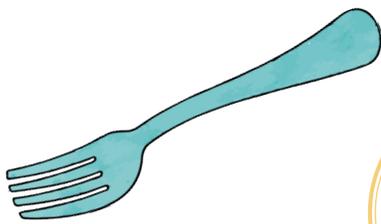
English Breakfast	£2,4	Triple Mint	£2,6
Decaf Eng Breakfast	£2,4	Lemongrass & Ginger	£2,6
Earl Grey	£2,4	Green Jade Tips	£2,8
Rooibos	£2,4	Jasmine Pearls	£2,8
Red Berry & Hibiscus	£2,6	Darjeeling	£2,8
Chamomile flowers	£2,6		

## HEALTH ELIXIRS

*made with oat milk*

Matcha Milk	£4
Haldi Doodh	£4
<i>hot turmeric milk</i>	

Coffee growers who sell their beans to speciality roasters like Broadoak get **better** prices than fair trade.



## 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, roasted tomatoes, two poached eggs, homemade beans, toast & butter*

Vegan English <sup>vg</sup> £10,5  
*two vegan sausages, mushrooms, spinach, roasted tomatoes, homemade beans, toast & vegan spread*

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

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

Turkish-style eggs with toast <sup>v</sup> £7,5  
*two poached eggs, yoghurt, harissa & dill*

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

Vegan sausage & mushroom butty <sup>vg</sup> £7,5

Bellair Haye nitrate-free bacon butty £6,5

Bellair Haye sausage sandwich £7

Seasonal greens & 2 poached eggs <sup>v</sup> £5,5  
*add feta cheese 50p*

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

Porridge with stewed apples, toasted nuts & honey <sup>v/vg available</sup> £6,5

Toast & homemade preserve <sup>v/vg available</sup> £3

## LUNCHES

 12:00 til 3pm

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

Frittata of the day <sup>v</sup> £7,5  
*with salad and home-made slaw*

Winter vegetable gratin <sup>v/vg available</sup> £9  
*with home-made bread or salad*

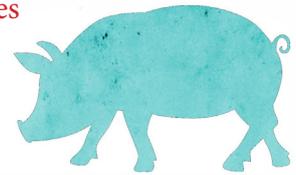
Chicken cacciatore £9,5  
*with home-made bread*

Warm winter salad <sup>vg</sup> £9  
*organic leaves, roasted roots, toasted pine nuts, tahini dressing*

Mac n cheese with side salad <sup>v</sup> £8,5

Imported Italian platter £10  
*charcuterie, cheese, olives, bread, dipping oil & salad*

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 sourdough<sup>1</sup>, ciabatta<sup>2</sup> or gluten free bread, all baked right here.**

Italian salami & cheese £8,5  
*imported from Italy by Mercato Italiano*

Monkton Wyld halloumi <sup>v</sup> £9  
*cow's milk halloumi, pickles & harissa*

Roasted squash <sup>vg</sup> £8,5  
*with white bean spread*

Coronation cauliflower <sup>v</sup> £8

Soulshine egg mayonnaise <sup>v</sup> £7

<sup>1</sup>light brown, close-crum, no added yeast

<sup>2</sup>white, airy, Italian-style

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

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

Our kitchen is small and we make everything fresh right here. We try hard to ensure 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.

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, locally-pressed apple juice, black pepper*
- Nuts for Peanuts**                      £4.5    kids £3.2  
*Organic crunchy peanut butter, cacao powder, banana, oat milk*
- Breakfast Bounty**                      £4.5    kids £3.2  
*Banana, spiced muesli, coconut oil, Dorset honey, oat milk*
- Healthy and Here**                      £4    kids £3  
*Local leafy greens, banana, lemon, ginger, locally-pressed apple juice*
- Purple Rain**                      £4.5    kids £3.2  
*Blueberries, dates, banana, oat milk, honey*
- Berry Bliss**                      £4    kids £3  
*Mixed berries, banana, oat milk, locally-pressed apple juice*

### JUICES

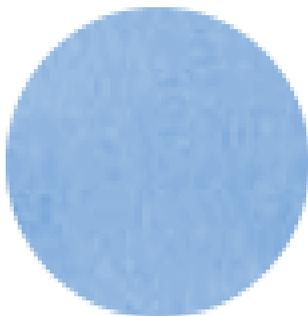
- Soulshine**                                      £4    kids £3  
*Carrot, apple, pineapple, ginger, orange juice*
- Detox**    £4    kids £3  
*Beetroot, carrot, apple, ginger, lemon*
- Green Power**                                      £4    kids £3  
*Local leafy greens, cucumber, apple, celery, parsley, ginger, lime*
- That's How The Light Gets In**  
*Apple, pear, fennel, lemon*    £4    kids £3

- Freshly squeezed OJ**    £2.8    kids £1.8
- Locally-pressed apple juice**                      £2.2    kids £1.5

### 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%	£3.2
<i>Easy drinking pale lager from Canada</i>	
Hogs Back Hogstar, 33cl, 4.5%	£3.2
<i>Malty, amber lager</i>	
First Chop Sup 33cl, 4%	£4.5
<i>Vegan, gluten-free session IPA</i>	
Magic Rock, Highwire 33cl 5.5%	£4.5
<i>West Coast Pale</i>	
Wiper & True Kaleidoscope, 44cl, 4.2%	£4.5
<i>Popular, ever-changing pale ale</i>	

## 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

125ml 175ml bottle

### White

House white	£3.5	£4.7	£17
<i>Jean Paul cotes de Gascogne, dry and bright</i>			
Finca Enguera 2016			£23
<i>Organic from Valencia, dry and smooth</i>			

### Red

House red	£3.5	£4.7	£17
<i>Jean Paul pays de Vaucluse, medium bodied</i>			
Baronne Domaine des Lanes			£24
<i>Organic Grenache/Carignan, lively with raspberry hue</i>			

### Rosé

House Rosé	£3.5	£4.7	£17
<i>Dry, crisp, Jean Paul Gascogne</i>			
La Colombette			£22
<i>Organic, very light, crisp</i>			

### Sparkling

Lunetta Prosecco			£22
------------------	--	--	-----

## SOFT DRINKS

Whole Earth elderflower can	£1.7
Frank's Sparkling water (funding clean water globally)	£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
---------------------------	----

### Switchle Organic Cider Vinegar Drink

*Delicious soft drinks that aid digestion*

<i>matcha, lime &amp; mint</i>	£2
<i>rooibos, raspberry, pomegranate</i>	£2
<i>turmeric, ginger, peach</i>	£2