

# YEOTOWN SUSSEX GARDENS

Eat Healthy, Live Well

## SMOOTHIES & FRESH JUICES

### GRACE / 7

Strawberry, Banana, Pineapple, Orange blossom, Vanilla, coconut milk, ice

### CREATIVITY / 7

Banana, dates, chai spice blend, almond butter, almond milk, ice

### FRESH SQUEEZED ORANGE JUICE / 5.50

### FRESH PRESSED GREEN JUICE / 6.50

Spinach, Kale, Cucumber, Celery, Apple and Lemon

## YEOLIXIR

**4.95** - Health boosting, homemade & refreshing

### PURITY

Purifying and cleansing, lemon based elixir packed with vitamin C, Beta Carotene and Antioxidants with a deliciously cleansing, invigorating taste. Made with: Lemon, orange blossom, maple, ginger, cayenne and filtered water.

## ORGANIC COFFEES

Organic whole milk/ oat milk/ coconut milk available.

ESPRESSO	2.50
AMERICANO	2.75
DOUBLE ESPRESSO	2.80
MACCHIATO	2.90
FLAT WHITE	3.00
CAPPUCINO	3.30
LATTE	3.30
CHAI LATTE	4.00
HOT CHOCOLATE	4.00
BULLETPROOF COFFEE	4.50
GREEN MATCHA LATTE	4.50
MATCHA ICE TEA	4.50

### GOLDEN TURMERIC SPICED LATTE 4.75

With Yeotown custom homemade turmeric blend, coconut milk and maple syrup.

A selection of organic teas available. Please ask your server.

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## STARTERS

### VEGGIE RICE PAPER WRAPS / 8

Rice paper wraps with carrots, mango, cucumber, avocado, kale, thai basil, mint, coriander, lemon.

### BETROOT FALAFEL / 8

Homemade beetroot and carrot falafel rolled in sesame seeds, served with a quinoa vegetable salad (butternut squash, broccoli, peppers), salsa, tahini raita, and green goddess dressing.

## MAINS

### BETROOT FALAFEL / 12

Homemade beetroot and carrot falafel rolled in sesame seeds, served with a quinoa vegetable salad (butternut squash, broccoli, peppers), salsa, tahini raita, and green goddess dressing.

### FISH OF THE DAY / 18

Pistachio citrus crusted fish of the day, served with garlic grilled asparagus, sun-dried tomato millet and capper dressing.

### BUDDHA BOWL / 12

Spiced chickpea and buckwheat green buddha bowl with onion, sweet potato, broccoli and kale. Served with avocado and a vegan cashew ranch dressing.

### VEGGIE RICE PAPER WRAPS / 12

Rice paper wraps with carrots, mango, cucumber, avocado, kale, Thai basil (optional), mint, coriander, lemon.

### CAULIFLOWER WINGS WITH VEGGIE RICE MEDLEY / 12

Sticky buffalo cauliflower wings with broccoli, cauliflower coconut rice with a nutty oriental sauce.

## DESSERT

### CHOCOLATE BROWNIE BALL / 4

Organic Dark Chocolate covered Brownie Ball with Coconut Flakes.

### CHOCOLATE BROWNIE / 5.5

Gluten Free Dark Chocolate Brownie with Strawberry and Coconut Flake

## NIBBLES

Mixed Toasted Seeds / 5

Chilli Pita Sticks / 5

Cavallo Nero Kale Crisps / 5

PLEASE ASK YOUR SERVER ABOUT ALLERGENS