

## SMOOTHIES

### SUPER GREENS

VGN | DF | GF

spinach, kale, mint,  
pineapple, banana,  
apple, chia

6

### PROTEIN POWER

V | GF | VGNO | DFO

raw cacao, peanut  
butter, pea protein,  
cinnamon,  
Greek yoghurt

7

### BLUEBERRY MACA

V | GF | VGNO | DFO

blueberry, banana,  
maca, cinnamon,  
Greek yoghurt

7

## BREAKFAST BOWLS

### BIRCHER MUESLI V | GF | VGNO

overnight oat muesli with pressed apples,  
nuts & sultanas topped with  
Greek yoghurt and seasonal fruit

6.50

### SMOOTHIE BOWL VGN

acai & maqui berries, pineapple,  
mango & banana smoothie topped with  
granola, coconut chips and seasonal fruit

10

## KIDS

### STICKS & DIPS V | DF

veggie sticks, hummus,  
smashed avocado  
and flatbread fingers

6

### PB & J VGN

100% ground peanut butter  
& Macknade strawberry  
jam served with sliced  
apples and veggie sticks

6

### CRUSTLESS

ham or cheese sandwich  
on crustless granary bread  
with veggie sticks

6

V - Vegetarian  
VGN - Vegan  
VGNO - Vegan option available  
DF - Dairy Free

DFO - Dairy Free Option  
GF - Gluten Free  
GFO - Gluten free option available

A full list of allergens is available on request, please ask a member of staff.

## BRUNCH BOWLS

1. Choose your base:

BUCKWHEAT GF

FARRO

MIXED GREENS

2. Choose your topping:

### MEXI BREKKIE

V

cherry tomatoes,  
adobo-seasoned black  
beans, smashed avocado,  
jammy Woodlands Farm  
egg, pickled red onion,  
fresh coriander and lime  
crème fraîche

12

### MEDITERRANEAN

V | VGNO

giant harissa butter beans,  
tomato, cucumber,  
mediterranean olives,  
feta and herby yoghurt  
dressing

13

### SALMON AVOCADO

VGNO

Macneil's Argyll smoked  
salmon, pickled red onion,  
cucumber, carrot ribbons,  
smashed avocado and  
sesame & ginger drizzle

14

## TOASTS

### MISO-CREAM MUSHROOMS V

toasted sourdough with marinated  
wild mushrooms, rocket and  
miso-cream cheese

11

### HAM & EGG

toasted sourdough topped with Prosciutto  
Cotto ham and a jammy Woodlands Farm  
egg, garlic aioli, mixed greens, sliced  
tomato and an olive oil & balsamic drizzle

12

### WHIPPED RICOTTA & SEASONAL FRUIT V

toasted sourdough with honey & thyme  
whipped ricotta, seasonal fruit  
and granola

11

### MACKNADE AVO VGN

toasted sourdough topped with  
smashed avocado, cherry tomatoes,  
pickled red onion and  
everything bagel seasoning

Add jammy egg +2 | Add smoked salmon +4

9

## BEER

### ON TAP

Lighthouse Lager - 4.9%	<i>pint</i> 6.5
Spratwaffler Session IPA - 3.7%	6
Wits & Giggles Witbier - 5.2%	6.5
Velvet Pants Nitro Stout - 4.6%	6.5

### BY THE BOTTLE

Westerham British Bulldog - 4.3%	5 440ml
FLOC Whisper Hazy IPA - 5%	5 440ml
Kernel Table Beer - 3%	5 500ml
Time & Tide Berry Me More Sour - 6%	7.5 440ml
Time & Tide x Macknade Stout - 6.2%	5 440ml

## CIDER

### BY THE BOTTLE

Kentish Pip High Diver - 4.8%	4 330ml
Nightingdale Cider Bramble Bird - 3.4%	5 440ml
Kent Cider Co. Waken Cloudy Cider - 4.3%	4 330ml

## SPIRITS

**SINGLE + MIXER 7**  
**DOUBLE + MIXER 11**

- Doorly's Rum 3YO - 40%
- Isle of Skye 8YO Blended Whisky - 40%
- Dockyard Distillery Vodka - 40%
- White Cliffs Kent Dry Gin - 43%
- Cazadores Tequila - 40%

### MIXERS & GARNISHES

- Fever Tree Lemonade / Coke / Diet Coke / Soda
- Fever Tree Ginger Ale / Fever Tree Tonic
- Lemon Slice / Lime Slice / Orange Slice
- Cherry / Thyme

## SPRITZ

### BY THE GLASS

Italian Bitter Orange Spritz	9
<i>Tosolini "Dolce Vita" Aperitivo &amp; Prosecco</i>	
Elderflower Spritz	9
<i>Edmund Briottet de Sureau &amp; Prosecco</i>	
Mimosa	9
<i>Fresh Squeezed Macknade Orange Juice &amp; Organic Prosecco</i>	

## WINE

### FIZZ

Ceradello Organic Prosecco, Veneto, Italy - 11%	7 175ml / 18 <i>btl</i>
<i>Light and crisp, clean bubbles</i>	

### ROSÉ

Calusari Pinot Noir Rosé, Viili Timisului, Romania - 12%	7 175ml / 18 <i>btl</i>
<i>Dry and fruity, pale in colour</i>	

### WHITES

Braida Antica, Russolo Blanc, Trentino, Italy - 12.5%	7 175ml / 20 <i>btl</i>
<i>A white with a little weigh, perfect for chardonnay drinkers</i>	
Smalltown Vineyards Rag & Bone Riesling Eden Valley, Australia - 12.5%	8 175ml / 23 <i>btl</i>
<i>Dry with a citrus kick, Sauv Blanc drinkers - this'll win you over</i>	
Brenley Bacchus, Faversham, UK - 11.5%	9 175ml / 25 <i>btl</i>
<i>Herbal, crisp &amp; aromatic. Grown just down the road</i>	

### REDS

Montresor Urban Park Appassimento, Veneto OGT - 14%	7 175ml / 23
<i>Spiced, concentrated dried fruit, a delight for the shiraz lover</i>	
Nostru Organic Frappato, Sicily - 13%	8 175ml / 23 <i>btl</i>
<i>Light and juicy, sunny day perfection for the pinot drinker</i>	
LAN D-12 Rioja, Spain - 13.5%	9 175ml / 27 <i>btl</i>
<i>Seriously fruity and smooth drinking.</i>	

## NO & LOW

### BEER

Sicilian Lemon Radler - 2.5%	3.75 500ml
Mash Gang Chug IPA - 0.5%	4 440ml
Heaps Another Lager - 0.5%	3.75 330ml

### WINE

Wildlife Sparkling Nude - 0.5%	4 175ml / 14 <i>btl</i>
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### SPIRITS

Botivo - 0.0%	7 <i>sgl</i> / 11 <i>dbl</i>
Mother Root - 0.0%	7 <i>sgl</i> / 11 <i>dbl</i>
Booyah Kombucha	4 330ml

## SOFT DRINKS

RapsCALLIAN Soda Dry Lime / Ginger Beer	3.75 250ml
Karma Drinks Lemony Lemonade / Cola / Sugar Free Cola	3.50 250ml
Cano Water Still / Sparkling	2.75 500ml
Owlets Local Juice Kentish Apple / Apple & Elderflower	3.50 250ml
Freshly Squeezed OJ	3.25 285ml
Pip Organic Kids	2.5 180ml

### COFFEE & TEA

Espresso 3	Iced Berry Matcha 4.5
Macchiato 3.25	Matcha Latte 4
Cortado 3.25	Chai Latte 3.75
Long Black 3	Hot Chocolate 4.25
Americano 3	Breakfast Tea 3
Flat White 3.45	Green Tea 3
Latte 3.75	Decaf Tea 3
Cappuccino 3.75	Earl Grey Tea 3
Mocha 4.25	Mint Tea 3
Iced Latte 3.75	Chamomile Tea 3

Add Extra Shot or Syrup £1  
Would you prefer? OAT, SOYA or COCONUT  
M\*LK or DECAF? Just let us know



K  
Z  
R  
D