



.....early.....

**Matcha Chia Pudding** (gf)(df)(v)

Matcha, Chia, Coconut Milk, Goji Berries, Macerated Mango, Strawberries, Desiccated Coconut & Agave

**Homemade Granola Bowl** (gf)(n)

Buckwheat & Almond Granola, Berry Chia Jam, served with Greek Yoghurt or any choice of Milk + *add berries (additional price)*

**Oats & Quinoa Porridge** (gf)(df)(v)(n)

with Banana, Almond Flakes, Dried Cranberry & Agave

**Early Super Bowl** (gf)(n)

Choice of Scrambled Spiced Tofu or Eggs, Red & White Quinoa, Kale, Almond Pesto, Sweet Potato & Omega Seeds

.....am - pm.....

**Mushroom & Feta Toast** (n)

Chestnut Mushroom, Feta Cheese, Almond Pesto on Artisan Toast served with Baby Spinach & Tomato + *add poached egg (additional price)*

**Open Avo Toast** (v)

Mashed Avocado, Tomato, Pea Shoots, Truffle Oil, Balsamic Glaze & Omega Seeds on Artisan Toast + *add poached egg (additional price)*

**B'E Shasouka** (ch)

Spiced Tomato & Peppers Ragout, Poached Eggs, Greek yoghurt, Parsley & Artisan Toast + *add feta cheese (additional price)*

**Spirulina Florentine**

Poached or Scrambled Eggs, Baby Spinach, Tomato, Mushroom, Spirulina yoghurt, Feta Cheese, Chives & Sumac on Artisan Toast

.....add on / choice of sides.....

Baked Sweet Potato Falafel

Caramelized Onion Humus

House Salad

Avocado Half

Feta Cheese

Artisan Toast

Pita Bread

Extra Dressing/Jam/Sauce

Berries

.....salads.....

**S.O.F.T.A Salad** (gf)

Baby Spinach, Olives, Feta Cheese, Tomato, Avocado, Olive Oil & Balsamic Glaze & Sumac + *add chicken or fish (additional price)*

**Med "TACO" Salad** (df)(gf)(v)(ch)

Kale, Avocado, Tomato, Black Beans, Sweet Corn, Olives, Jalapeno, Catalan Dressing & Tortilla Crackers + *add feta cheese, chicken or fish (additional price)*

**Horiatiki Salad** (gf)

The real name of a Greek Salad. Lettuce, Tomato, Cucumber, Olives, Peppers, Feta Cheese, Pickled Red Onion, Lemon, Oregano & Vinaigrette + *add chicken or fish (additional price)*

**Nice Salad** (df)(gf)

Red & White Quinoa, Kale, Sweet Potato, Broccoli, Pickled Red Onion, Green Beans, Tomato, Edamame, Orange Tahini Dressing, Hard Boiled Egg & Omega Seeds + *add chicken or fish (additional price)*

**Mezze Bowl** (df)(v)

Baked Sweet Potato Falafel, Kale & Lettuce Salad with Agave Mustard Dressing, Avocado, Israeli Salsa, Pickled Red Onion, Caramelized Onion Humus, Pea Shoots & Omega Seeds served with Pita Bread + *add feta cheese (additional price)*

.....sweets.....

**Raw Cakes** (df)(gf)(v)(n)

Tiramisu, Peanut Butter, Strawberry and many more, ask our waiter for selections

**Caramel Salted Brownie and Ice Cream** (gf)

Goey Dark Chocolate Brownie served with Vanilla Soya Ice cream

**+ add is optional and protein / add-on price applies**

Please ask our members of staff for allergen information and dietary requirements before ordering.

We are using varieties of ingredients in our kitchen, therefore we cannot guarantee free traces of any allergens. (gf) gluten free (df) dairy free (v) vegan (n) contain nuts (ch) contains chili

.....bowls & plates.....

**Soup of the Day** (v)

Ask our staff for today soup, served with artisan toast

**B'E Poke Bowl** (gf)(df)(v)(ch)

Brown & Wild Rice, Spinach, Avocado, Tomato, Cucumber, Edamame, Spring Onion, Beetroot, Pea Shoots & Homemade Teriyaki Sauce + *add tofu or fish (additional price)*

.....wraps & burger.....

**B'E Falafel Wrap**

Sweet Potato Falafel, Caramelized Onion Humus, Kale, Gherkin, Peppers, Israeli Salsa, Orange Tahini, Garlic Herbs yoghurt & Omega Seeds on Tortilla wrap + *add feta cheese (additional price)*

**B'E Chicken Wrap**

Shawarma Chicken, Caramelized Onion Humus, Kale, Gherkin, Peppers, Israeli Salsa, Orange Tahini, Garlic Herbs yoghurt & Omega Seeds on Tortilla wrap + *add feta cheese (additional price)*

**The "Burger"**

Quarter Pounder "Meaty" Veggie Mozzarella Patty, Lettuce, Tomato, Pickled Red Onion, Gherkin, Catalan Dressing, Garlic Herbs yoghurt on Plant Based Charcoal Buns served with Homemade Sweet Potato Crisps +*add Avocado Half (additional price)*

.....proteins.....

Shawarma Chicken

Roasted Cajun Salmon (ch)

Poached / Hard Boiled Egg

Scrambled Eggs

Scrambled Spiced Tofu

Teriyaki Tofu (ch)