



- Breakfasts -

£1.50 sml £2.50 large
Breakfast Special : Every Saturday

- Bircher Muesli (Granola Oats, Driedfruit, Coconut Milk)
- Banana porridge w BlueBerry or Pomegranate
- Peanut Porridge w Sprinkled Dried Fig + Agave Syrup
- Cornmeal Porridge

Look out for Soul Vibe Specials!



- Snacks -

- Plantain £1.00
- Sweet Potato + Parsnip Bites £2.00
- Corn Cob Bites w choice of Garlic thyme + Sunflower butter or Soul Vibe Salsa £2.50
- Daily Wraps (Each day Different Filling served with a SoulVibe Guacamole) £2.50
- Spelt Flour Dumplings 0.90 x2 or 50p each
- Salad £0.50 - small £1.00 - large

(Snack Specials Saturdays)



- Mains -

£5.00 sml £7 large with a choice of 1 side

- Choice of -

- Spinach + Callaloo w Ginger + Chilli
- Mixed Bean Special w mix of locally sourced Seasonal Veg
- Lentils + Chickpea Curry w Peanut + Coconut Cream
- Soul Vibe Stew w Peas and Dumpling Spinners

- Sides -

£3 (£2.00 additional fee for extra filling)

- Choice of -

- Quinoa + Kidney Beans
- SweetPotato mash
- Spiced Macaroni (cooked in herbs, spices and diced yellow and green peppers)
- Ground Provisions (Yam, Dasheen, Eddoes, Green Banana, Tania, Casava, SweetPotato)
- Caribbean Spiced Coconut Rice
- Brown Rice



- Soup Of the day -

£3 small - £4 large | Bread £1



- Dessert -

£2 a slice

- Carrot cake
- Date nut torte
- Apple crumble
- Cheese cake

The menu will change daily so follow us on facebook, twitter and instagram to keep up to date.

- Juice of the day -

£4.00
Fresh juices everyday made from a selection of seasonal fruit and veg.

Bottled Water £80p