



# Dinner

Wed - Sat 5.30 - 8pm



HELP YOURSELF TO TABLE GAMES,  
CONVERSATION JARS & TAROT CARDS  
IN BASKET BY FRONT DOOR

## NIBBLES & STARTERS

### ARTISAN BREAD BOARD 6.00

NOA's bakehouse Bloomer & Ross bakery focaccia bread served with Garlic oil & balsamic dip

### BLOOD ORANGE, WALNUT 'RICOTTA' SALAD (GF) 9.00

Whipped cashew nut 'ricotta', blood orange, candied walnuts, fennel, black grapes, cinnamon pickled rhubarb, rocket, radicchio, blood orange vinaigrette

### KOREAN OYSTER MUSHROOM SKEWER (GF) 8.95

BBQ marinated Oyster mushroom skewer with Gochujang sauce, sesame, yuzu tossed slaw, pickled cucumber, fresh coriander

### GREEN OLIVES 4.50 (GF)

### MAPLE & PUMPKIN SPICED POPCORN 4.50 (GF)

Popcorn drizzled in maple syrup & sprinkled with pumpkin spices

### HOMEMADE PARSNIP CRISPS 3.50 (GF)

Seasoned with maple, garlic & onion

### BAKED CAMEMBERT

(FOR 1 OR TO SHARE) (GF\*) 15.00

baked in the oven with garlic oil served with red onion chutney, fresh herbs & toasted Focaccia (10 minutes to bake)  
\*gluten free swap

### SOUP OF THE DAY (GF\*) 7.00

Served with warm Noa's bread & garlic oil  
\*gf swap 1.00

### WILD GARLIC PLANTAIN CRISPS 4.00 (GF)

### ROASTED MIXED NUTS 4.00 (GF)

Peanuts, monkey & pistachio

### ROASTED CELERIAC & GARLIC HUMMUS (GF) 7.95

Topped with roasted Romano red pepper & chickpeas, soy toasted seeds & garlic oil served with vegetable crackers

### BLACKBERRY & BALSAMIC TOFU (GF) 8.95

Crispy Tofu Bites in Blackberry & Balsamic Tofu, Lotus Root Crisps, Fresh Blackberries, Spring Onion, Fresh Coriander & Sesame

## MAINS

### WALNUT & BUTTERBEAN SAUSAGES (GF) 16.95

Housemade sausages, wholegrain mustard mash, ruby sauerkraut, roasted carrots and broccoli, rich tomato & mushroom jus

### BLOOD ORANGE, WALNUT & RICOTTA SALAD (GF) 14.50

Whipped cashew nut 'ricotta', blood orange, candied walnuts, fennel, black grapes, cinnamon pickled rhubarb, rocket, radicchio, blood orange vinaigrette  
*Why not add a warm potato side!*

### MASSAMAN VEGETABLE CURRY (GF) 16.95

Aubergine, cauliflower, chickpea & squash in a massaman sauce, topped with crispy shallots, golden raisins, sweet tamarind dressing, fresh coriander & chilli with Jasmine coconut rice & peas

### MANX MENU LASAGNE 16.95

Beetroot, tomato, chilli & green lentil ragu creamy watercress bechamel, cashew nut 'parmesan', tarragon pesto, crispy kale, dehydrated red cabbage powder, crushed roast potatoes & foraged nettle

### PEANUT & SESAME NOODLES (GF) 16.95

Rice noodles, creamy peanut & sesame sauce, pan fried mushroom, onions, housemade kimchi, roasted broccoli, sesame carrot salad, chilli peanut crunch, fresh coriander

SEE SPECIALS BOARD

Cauliflower cheese topped with cumin lentils & parsley (GF) 5.00 / House Fermented Kimchi (GF) 2.50 / Mixed salad with dressing (GF) 4.50 / Roasted Seasonal Vegetables with Herb Butter (GF) 5.00

**SIDES:** Sweet potato wedges (GF) 4.50 / Herb potato wedges (GF) 4.50 / Warm Noa's seeded bloomer bread with garlic oil 1.50

## PUDDINGS

### BLACKBERRY & LEMON POSSET (GF) 8.25

With beetroot & white chocolate soil, whipped cream, berries & pistachio biscotti

### STICKY TOFFEE PUDDING 8.50

Served warm with toffee sauce, vanilla ice cream, crushed caramelised walnuts, cinnamon & apple crisps

### CHOCOLATE & SWEET POTATO FUDGE BROWNIE (GF) 8.25

Warm with vanilla ice cream, dark chocolate sauce, crushed pecans & orange Za'atar

### AFFOGATO (GF) 6.95

2 scoops of vanilla ice cream & a double shot of Noa's Bakehouse coffee  
\*add a shot of tia maria / brandy 3.00

### 2 SCOOPS OF VANILLA ICE-CREAM (GF) 4.00

### MANX MENU CARROT CAKE SWISS ROLL 8.50

Lemon buttercream quinoa crumble, carrot puree, fennel syrup & apple compote

### CINNAMON APPLE & PB (GF) 5.00

Fresh wedges of apple, sprinkled with Cinnamon, drizzled with date syrup served with crunchy peanut butter for dipping

## HOT DRINKS

AMERICANO	3.00
DOUBLE ESPRESSO	2.50
LATTE / CAPPUCINO / FLAT WHITE	4.00
MOCHA	5.25
VIETNAMESE ICED COFFEE	4.95
Espresso, almond mylk, cardamon & dates	
SYRUP: Vanilla / caramel	50
ADD A CBD SHOT - HEMP EXTRACT 2MG	1.50
CHOICE OF MILK: OAT / ALMOND / COCONUT / SOYA	

### Hot Chocolate

<b>REVITALISE HOT CHOCOLATE</b>	4.50
Cacao powder, maca & coconut sugar	
<b>BLENDSMITHS WHITE CHOCOLATE</b>	5.50
Madagascan vanilla & Peruvian cocoa butter	
<b>BLENDSMITHS CHILLI CHOCOLATE</b>	5.50
Cocoa, Ceylon cinnamon & Indian chilli	
<b>HAPPY HOT CHOCOLATE</b>	6.00
Cacao, Peppermint, Matcha & CBD	

## ORGANIC MUSHROOM COFFEE

### LONDON NOOTROPICS 4.50

SUPERFOOD MUSHROOM & ADAPTOGENIC COFFEE  
CAPPUCINO / LATTE / FLAT WHITE / AMERICANO

FLOW - Mental clarity, focus & brain fog

ZEN - Feel alert, calm & balanced

MOJO - Endurance, vitality & immune boost

### FOUR SIGMATIC

SMALL OR LARGE CAFETIERE £4.50/7.50-

### THINK (DARK ROAST)

CHAGA & LIONS MAIN

Cognitive function, brain health & memory

### GUT HEALTH (MEDIUM ROAST)

CHAGA, TURKEY TAIL, PRO + PREBIOTICS

Support overall wellbeing & digestion

### BALANCE (1/2 CAFFEINE)

CHAGA, ASHWAGANDHA, TULSI & ELEUTHERO

Reduce stress, boost positive mood & energy

### CALM (DECAF)

CHAGA & REISHI MUSHROOM

Destress, boost mood, improve sleep

## SUPERFOOD LATTES

SERVED HOT OR ICED 4.25

PUMPKIN SPICE

MUMBAI CHAI

BEETROOT & CACAO

TURMERIC & WARMING SPICES

GUARANA & CACAO

BLUE BUTTERFLY PEA

AFRICAN ROOIBOS

ACTIVATED CHARCOAL

LIQUORICE

GREEN MATCHA

### Liqueur Coffee

Made with Noa bakehouse coffee, plant based cream & choice of liqueur:

TIA MARA  
BRANDY  
VODKA  
IRISH  
7.00

