

# rise

PLANT KITCHEN MENU

served 9am - 3pm



## ALL DAY BREAKFAST

+

## WHOLESOME LUNCH

### RISE + SHINE BREAKFAST (GFO, N)

scrambled tofu, herby garlic potatoes, miso mushrooms, wilted spinach, harissa beans, red pepper hummus, served with toast / 13.00

*add avocado ~ 2.50*

### RAINBOW PANCAKES (GF)

matcha, beetroot, blue-pea + vanilla pancakes, served with maple syrup / 11.50

*add : nut butter, coconut shreds, cacao nibs, banana, mango, blueberries, strawberries, raspberries, pineapple, walnuts, chia seeds, plain yoghurt ~ 1.00 each*

### RISE ROYALE (GFO)

our classic tofu benedict with hollandaise sauce, served on a bed of smoked carrot, spinach + english muffin / 12.50

### SPICE UP YOUR LIFE OATS (GFO + N)

creamy oats, served with sweet poached rhubarb, zesty ginger, pistachio crumb, plain yoghurt + elderflower 'honey' / 8.50

### FULLY LOADED TOAST (GFO)

toasted sourdough topped with our house sweetcorn smash, hemp seed parmesan, avocado, fresh herbs + chilli oil / 12.00

### CHERRY BAKEWELL PANCAKES (GF + N)

fluffy pancakes served with a toasted almond flake crumb, flaxseed, cherry compote, yoghurt + almond maple cream / 13.50

### HARISSA BROAD BEAN FRITTERS (GF)

smokey harissa house beans topped with broad bean + sweetcorn chia fritters, watercress, + hollandaise / 12.50

### BUTTER BEANS + DILL (GFO)

toasted sourdough topped with creamy butter beans in a dill mayonnaise, rocket, tomato, avocado, seaweed sprinkle, sriracha + dill oil / 12.00

### SUPER SPRING SALAD (GF)

a zesty mix of broad beans, peas, asparagus, quinoa, chopped almonds, mint + fresh herbs. topped with sunflower seeds, lemon balm + a tahini nettle leaf dressing / 13.50

### PROTEIN OMELETTE (GF)

chickpea omelette filled with spinach, sweetcorn, spring onion, tomato. served with avocado, mixed seeds, chive oil, microgreens + yoghurt / 12.50

### QUICHE ME NOW

caramelised veg; carrot, red onion, asparagus, wild garlic, spinach + potato. baked in our own wholemeal spelt pastry casing. served with a side of spring salad + cherry balsamic glaze / 10.50

## WRAPS + SANDWICHES

### THE RISE REUBEN SANDWICH (GFO)

red pepper hummus, turmeric sauerkraut, vegan cheese, smoked tofu, rocket, sourdough / 9.50

### TOFU + CRESS (GFO)

take on the classic 'egg' and cress, served in a warm ciabatta roll / 6.99

### BBQ PULLED JACKFRUIT + COLESLAW (GFO)

pulled jackfruit marinated in rich bbq sauce, served with homemade coleslaw in a warm ciabatta roll / 6.99

### RISE + SHINE WRAP

tofu scramble, harissa beans, spinach, miso mushrooms + fresh herbs / 7.50

### SUPERGREEN FALAFEL WRAP

falafel, hummus, spinach, cucumber, turmeric sauerkraut + mayo / 6.99

## EXTRAS

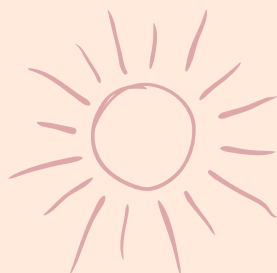
herby garlic potatoes / 4.50  
tofu / 3.50  
supergreen falafel / 4.00  
avocado / 2.50  
toast w "butter" / 3.50  
spring side salad / 4.50  
veg sticks + hummus / 4.50  
pita bread / 2.50

\*GF - GLUTEN FREE

\*GFO - GLUTEN FREE OPTION AVAILABLE

\*N - CONTAINS NUTS

IF YOU HAVE ANY QUESTIONS ABOUT ALLERGIES PLEASE DO LET US KNOW, WE WILL DO OUR BEST TO CATER FOR YOUR NEEDS.



# rise

PLANT KITCHEN MENU

served Friday - Sunday



## SMALL PLATES

+

## LARGER PLATES

### NACHO FIESTA (GF)

corn tortilla chips topped with charred lime corn, hemp seed parmesan, bbq jackfruit, coriander, chilli

### SMOKED CARROT LOX (GFO)

smoked carrot, dill, crisp bread, balsamic caviar, cream cheese

### TOFU + CHIVES (GFO)

sourdough cracker, tofu scramble, mustard, chives, watercress, black lava salt

1 for £7.50

3 for £21.00

### KOREAN BBQ BURGER

crispy smoked tofu, korean BBQ, sweet + sour spring salad, gochujang sauce. served in a pretzel bun + side of herby garlic potatoes / 15.00

~add vegan cheese £2.00

### CHICKPEA CORN CURRY (GF)

bringing you a vibrant, mild + fibrous curry. sugar snap peas, baby corn + chickpeas. served with fragrant jasmine rice, coriander + chilli flakes / 14.50

### WHAT A DHAL (GFO)

put a spring in your step with our seasonal dahl; spring greens, peas, dandelion root, coconut, mung beans, chilli flakes, sunflower seeds, coriander + plain yoghurt. served with warm pitta bread / 15.00

## SOMETHING SWEET?

CHECK OUR DISPLAY COUNTER DAILY FOR HEALTHY CAKES + FRESH BAKES AS WELL AS THE FOLLOWING BELOW

## COOLING DESSERTS

## CAKES + BAKES

### AFFOGADOUGH

a twist on the classic. scoop of cookie dough ice cream topped with a shot of decaf espresso, whipped cream. dusted with dark cacao

~1 scoop 5.00

~2 scoop 6.50

### ICE CREAM

-cookie dough  
-mango + raspberry  
-salted caramel + chocolate

~1 scoop 2.00

~3 scoop 5.00

### CELESTIAL COOKIE

turmeric, coconut, ashwagandha + maple syrup almond cookie base. check daily for topping flavour / 4.00

### CARROT + WALNUT (GF, N)

carrot cake, raisins, topped with rosemary candied walnuts + cream cheese frosting / 5.50

### ALMOND, LEMON + OLIVE OIL (N)

a light almond, lemon + olive oil sponge. topped with flaked almonds + icing. served with lemon infused oil + toasted almond crumb / 7.00

### CHOCOLATE BLACKBERRY + HAZELNUT (GF, N)

double layer of chocolate sponge, blackberry jam. topped with chocolate frosting, hazelnuts + fresh blackberries. served with side of whipped cream + beetroot glaze / 7.50

As a small business we're beyond grateful for your support. Whilst you're waiting, why not check out our website [www.riseto.health](http://www.riseto.health) or social media page [@riseto.health](https://www.instagram.com/riseto.health) and see what else we have going on

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WE ARE A SMALL KITCHEN SO WE CAN'T OMIT THE POSSIBILITY OF CROSS-CONTAMINATION.

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DRINKS MENU



## HEALING HOT BREWS

### THE ORIGINALS

#### HOT COCOA / 3.50

organic dark cocoa with plant mylk of choice

#### MEET YOUR MATCHA / 3.50

matcha latte with plant mylk of choice

#### SPICED CHAI / 3.50

spiced chai latte with plant mylk of choice

#### GOLDEN HOUR / 3.50

turmeric latte with plant mylk of choice

#### BEET IT BABY / 3.50

beetroot latte with plant mylk of choice

### MYLKS AVAILABLE

oat, soy, almond or coconut

### ADAPTOGENICS

#### MUSHROOM MAGICK / 4.50

medicinal mushroom blend with a pinch of magick from chai, flax + cacao

#### BLUE MOON MYLK / 4.50

this dreamy blue elixir is filled with a calming blend of chamomile, butterfly pea + ashwagandha for better rest, always

#### THE GREEN LION / 4.50

a blend of matcha, cinnamon + lion's mane to help soothe the gut, improve mental clarity + boost energy

#### MOON TIME SHINE / 4.50

shine on with a moon time mix of hormone balancing adaptogens for all to benefit from - maca, cacao, dandelion + cinnamon

#### LILAC DREAMS / 4.50

destress with our therapeutic blend of purple sweet potato, lavender + ashwagandha

## EXTRAS

super-size your drink / 0.50

make any drink iced / 0.50

extra shot / 0.50

add flavoured syrups of choice / 0.50

-hazelnut, vanilla, caramel

whipped cream / 1.00

## COFFEE + TEA

espresso / 2.20

americano / 2.90

cortado / 2.90

flat white / 3.20

cappuccino / 3.40

latte / 3.50

mocha / 4.00

english breakfast / 2.90

decaf breakfast / 2.90

earl grey / 2.90

green tea / 2.90

peppermint / 2.90

chamomile / 2.90



FOR THE PEOPLE  
+ THE PLANET

OVER 80% OF OUR MENU IS ORGANIC,  
REFINED SUGAR-FREE, LOCALLY SOURCED +  
MADE IN-HOUSE

WE USE RECYCLABLE + BIODEGRADABLE  
TAKEAWAY PACKAGING

WE COMPOST ALL OF OUR RAW FOOD  
WASTE + COFFEE GRINDS - GIVING THEM  
BACK TO MOTHER EARTH

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DRINKS MENU

## SOULFUL SMOOTHIES

### GREEN GODDESS (GF+N)

apple, kale, celery, lemon,  
banana, cucumber,  
ginger, chlorella, almond  
mylk / 5.95

### POTTA GOLD (GF)

mango, pineapple,  
turmeric, lucuma, spiced  
chai, chia seed, coconut  
mylk / 5.95

### WAKE UP SHAKE UP (GFO + N)

banana, flaxseed, peanut  
butter, cacao, maca,  
dates, oat mylk / 5.95

*add vivo life protein powder to  
any smoothie. choose from  
madagascan vanilla,  
strawberry, salted caramel or  
raw cacao ~ 2.50*

### COGNITIVE QUENCHER (GF)

banana, dates, cacao, espresso,  
reishi mushroom, coconut mylk  
/ 5.95

### BERRY ELIXIR (GF+N)

mixed berries, almond butter,  
cinnamon, camu camu, almond  
mylk / 5.95

### RISE + GLOW (GF)

blackberries, mango, chocolate  
mint collagen plant protein,  
fresh mint, coconut mylk /  
6.95

## VIVO LIFE PROTEIN

organic, vegan, gluten free, soy free, keto friendly, no  
added sugars, no heavy metals, zero herbicides +  
pesticides, bio-fermented with 25g of protein per scoop.

iced shake w mylk of choice / 4.99

## FLAVOURS AVAILABLE

## SPRING SPECIALS:

### CLOUD 9 SMOOTHIE

banana, pineapple, yoghurt,  
avocado, blue spirulina,  
coconut water / 6.95

### THE LILYPAD

iced matcha with coconut  
milk, topped with a rose  
beetroot foam / 5.50

## COOLING BEVVYS

lemonaid : blood orange or passionfruit / 3.50

iced black tea w lemon / 3.50

willy's apple or raspberry kombucha + acv / 3.50

willy's cloudy apple juice / 2.99

mango, ginger + lime kombucha / 4.00

rhubarb + hibiscus kombucha / 4.00

'green cola' : sour cherry / 3.50

fresh orange juice / 2.99

acv shots : ginger or beetroot / 2.95

coconut water / 3.50

bottled water / 2.75

