

BREAKFAST

(SERVED BETWEEN 7AM - NOON)

PERSERVERANCE (G.GFO.CE) / 7

Eggs as you like. Two eggs (Poached / Scrambled / Fried) on optional sourdough.

BALANCE (VG.GF.N.NFO.SU) / 10

Warmed homemade overnight spiced bircher oats with vanilla, oat milk, poached seasonal fruits, sliced banana and a sprinkle of homemade granola.

HAPPINESS (VG.GF.N.SU) / 10

Yeotown homemade GF buckwheat Granola blend with selected nuts and seeds, coconut plant-based yogurt and seasonal poached fruits and fresh berries.

SWEETNESS (SS. VG.GF.N.NFO) / 11

Chia and oat waffles served with fresh fruits and a homemade berry date coulis caramel sauce.

LOVE (VG.G.GFO.N.NFO) / 11

Caramelised fresh figs on toast, homemade vegan labneh with a floral strawberry coulis.

JOY (VG.G.GFO) / 12

Smashed avocado toast with a sunflower superseed mix, freshly sliced radish, sprouted homegrown microgreens on sourdough or GF toast.

CALM (VGO.GF.M.N.CF.CE) / 14

Yeotown eggs benedict with homemade vegan cashew hollandaise, poached egg, and a homemade chia and oat GF English muffin and smoked salmon.

Vegan Option: Seared sliced tofu no smoked salmon or egg.

YEOTOWN ENGLISH BREAKFAST (VGO.G.GFO) / 14

Scrambled eggs or poached eggs, vegan sausage, baked beans, mushrooms, spinach, grilled cherry tomatoes.

+ EXTRAS

Vegan sausage / 4
Egg (As you like) / 2
Slice of Toast / 3
Bowl of mixed seasonal fruits / 5



ALLERGEN GUIDE :

Note: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout, therefore we cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your server know before ordering if you have any allergies or intolerances

Vegan - (VG), Vegan option - (VGO), Gluten-free - (GF), Gluten-free option - (GFO). Celery - (C), Gluten - (G), Mustard - (M), Nuts - (N), Nut free option (NFO), Sesame Seeds - (SS), Sulphites - (SU), Soya - (SY), Fish - (CF), Eggs - (CE).

STARTERS

SOUP OF THE DAY / 8

A seasonal soup served with slices of fresh sourdough or GF bread. Please ask your server for allergens.

HUMMUS & CHICKPEA FLATBREAD (VG.GF.SS) / 7

Homemade turmeric hummus served with a soft homemade GF chickpea flatbread

RICE PAPER WRAPS (VG.GF.NFO.N) / 8

Two rice paper wraps with carrots, mango, cucumber, avocado, kale, fresh strawberry, basil, mint, coriander and lemon served with a homemade almond butter dipping sauce.

BEETROOT AND CARROT FALAFEL (VG.GF.N.SS) / 8

Starter portion of homemade beetroot and carrot falafel coated in sesame seeds served with a tricolour quinoa rainbow mix (butternut squash, broccoli, peppers), homemade salsa, tahini raita and green goddess dressing.

MAINS

RICE PAPER WRAPS (VG.GF.N. NFO) / 12

Rice paper wraps with carrots, mango, cucumber, avocado, kale, fresh strawberry, basil, mint, coriander and lemon served with a homemade almond butter dipping sauce.

BEETROOT AND CARROT FALAFEL (VG.GF.N.SS) / 12

Main portion of homemade beetroot and carrot falafel coated in sesame seeds served with a tricolour quinoa rainbow mix (butternut squash, broccoli, peppers), homemade salsa, tahini raita and green goddess dressing..

BBQ CAULIFLOWER WINGS (GF.VG.N.SS) / 14

Sticky buffalo cauliflower wings with a broccoli cauliflower coconut rice served with a nutty oriental almond butter sauce.

YEOTOWN EARTH BOWL (M.SS.N.NFO) / 14

Lemon massaged kale, sprouted chickpea and millet mix, spiced sweet potato, maple sprouts and coconut bacon served with caramelised pecans, pumpkin seeds and a lemon tahini dressing.

JAPANESE ADZUKI BEAN HOT POT (VG.GF.C.N.SS.NFO) / 14

A warming, flavourful, nutrient-dense Japanese stew pot. Served with brown rice and creamy wasabi coleslaw.

ROASTED VEGETABLE QUINOA WRAPS (VG. GF. NF.SS.M) / 14

A portobello mushroom and roasted vegetable wrap served with quinoa, homemade Italian dressing and a red pepper hummus.

YEOTOWN BOUNCE BACK VEGAN BURGER (VG.G.GFO.M.N) / 16

Beluga lentils, caramelised onions, quinoa, beet, carrot, walnuts, aioli ketchup with roasted sweet potato fries and seeded bun. Bun contains gluten (gluten free option available).

CITRUS CRUSTED SALMON (CF. VGO.N.NFO) / 18

VGO: Tofu kebab (SY) / 16

A pistachio and orange crusted salmon served with garlic grilled seasonal veg, sun-dried tomato and herbed millet finished with a tangy homemade green caper dressing.

SIDES

HOMEMADE SPICY KIMCHI (VG.GF) / 3.5

Our in house fermented spicy vegan kimchi.

CRISPY SESAME KALE (VG.GF.SS) / 3.5

Oven-baked crispy kale served with a drizzle toasted sesame oil.

WASABI COLESLAW (VG.N.SS) / 4

Red and white cabbage mix coated in a spicy, wasabi infused pine nut avocado dressing.

MAPLE SPROUTS WITH COCONUT "BACON" (VG.GF.N) / 3.5

Toasted pecans with maple glazed brussel sprouts laced with our salty coconut "bacon".

MIXED SIDE SALAD / 4

A leafy side of fresh mixed greens and light dressing.

LEMON & HERB BABY POTATOES (VG.GF) / 4

Roasted & salted potatoes served with lemon and freshly chopped parsley.

CRUNCHY SWEET AND SPICY SESAME CABBAGE (VG.GF.SS.SU) / 3.5

Red and white cabbage mix drizzled with toasted sesame oil, chilli flakes and golden raisins.

ASIAN CHARRED G+G TENDERSTEM BROCCOLI (VG.GF) / 4

Pan charred tenderstem broccoli with sliced garlic, julienne ginger and GF soy sauce.

DESSERTS

DARK CHOCOLATE BROWNIE BALL (CE.GF.N) / 3.5

A Yeotown favourite organic, dark chocolate brownie ball with coconut flakes.

YEOTOWN PALEO COOKIES (CE.N) / 5

Our popular chewy, naturally sweetened homemade dark chocolate chip cookies made using a low GI coconut sugar and our homemade almond/coconut flour blend.

+ 1 Scoop nice cream / 1.5

+ Warm oat milk / 1.5

+ Warm golden turmeric moon milk / 2

YEOTOWN DARK CHOCOLATE BROWNIE (CE.GF.N) / 6.5

Served with our homemade chocolate sauce, fresh raspberries and crushed pistachios. Add a scoop of nice cream +3.5

MEDLEY OF SEASONAL FRUITS WITH TURMERIC ORANGE CASHEW CREAM (VG.GF.N.NFO) / 9

Fruity & refreshing dish of seasonal mixed fruits served with homemade turmeric, passion fruit and orange cashew cream, fruit coulis and candied nuts.

CHOCOLATE ORANGE GANACHE (VG.GF.N.NFO) / 8

A rich, in-house-made ganache using Doterra wild orange essential oil and fresh orange zest served with a homemade zesty chocolate sauce and a dehydrated orange. Add nice cream : + 1 Scoop / + 2 Scoop

ANCHO CHILLI INFUSED SEARED PINEAPPLE (VG.GF.N.NFO) / 9

Served with a homemade "Miricle leaf" Moringa and zesty lime cashew cream, a sprinkle of pine pollen, finished with a slice of fresh lime and beetroot powder.

CHIA & OAT WAFFLES (VG.GF.N.NFO) / 11

Golden and crispy chia and oat waffles served with fresh fruits and a homemade berry date coulis caramel sauce.

VEGAN "NICE" CREAM SELECTION (VG.GF.N. NFO)

A selection of plant-based ice creams
+ 1 Scoop / 3.50

+ 2 Scoop / 4.50

+ 3 Scoop / 5.50

Please ask a member of staff for today's flavours.

BAR SNACKS

POPCORN / 3.5

TOASTED SEEDS / 3.5

CRISPY KALE (SS.) / 3.5

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DRINKS MENU



ORGANIC COFFEES

Organic whole milk/ almond/ oat milk/ coconut milk available

ESPRESSO	2.75
AMERICANO	3
DOUBLE ESPRESSO	3
MACCHIATO	3.25
FLAT WHITE	3.50
CAPPUCINO	3.75
LATTE	3.75
BULLETPROOF COFFEE	4.5
ORGANIC HOT CHOCOLATE	4.5
MATCHA GREEN TEA LATTE	4.75
MATCHA GREEN TEA ICED LATTE	5
ORANGE CACAO HOT CHOCOLATE*	5
PEPPERMINT HOT CHOCOLATE*	5
MATCHA PEPPERMINT*	5.5

*Infused with the highest quality grade essential oils. Can be served hot or cold.

ADAPTOGENIC LATTES

GOLDEN TURMERIC SPICED LATTE 5

Yeotown custom homemade turmeric blend, coconut milk.

RED VELVET LATTE 5

Beetroot powder, cacao, ginger, cinnamon, vanilla.

CHAI SPICED LATTE 5

Yeotown custom Chai Spice blend.

MEDICINAL MUSHROOM LATTE 5.5

Yeotown custom organic medicinal 7 blend mushroom complex blend, pine pollen.

BLUE LAVENDER LATTE 5.5

Yeotown custom blue spirulina blend, cinnamon, lavender.

A selection of organic teas available. Please ask your server.

COME VISIT US AT
YEOTOWN
HEALTH
RETREAT

Optimise your physical and mental wellbeing with our award winning 5 day health retreat programme in either the beautiful British Devon countryside or on the stunning island of Madeira, Portugal.

SMOOTHIES

GRACE 7

Strawberry, Banana, Pineapple, Orange Blossom, Vanilla, Coconut Milk, Ice.

CREATIVITY 7

Banana, Dates, Homemade Chai Spice Blend, Almond Butter, Almond Milk, Ice.

VITALITY 7

Mango, Banana, Pineapple, Dates, Rosewater, Coconut Milk, Cardamom, Ice.

BEAUTY 8

Matcha Green Tea Powder, Pure Vanilla Extract, Banana, Hemp Protein, Ice.

Add Boost: Vegan Hemp Protein, Bee Pollen, Almond Butter or Oats
+1.50each

FRESH JUICES

FRESH SQUEEZED ORANGE JUICE 5.75

FRESH PRESSED GREEN JUICE 6.5

Spinach, Kale, Cucumber, Celery, Apple and Lemon.

YEOLIXIR

HOMEMADE WATER KEFIR 5

Our handmade in-house, gut-health boosting, probiotic drink. A refreshingly fermented sparkling healthy elixir. Ask your server for this week's flavour.

PURITY 4.75

Purifying, cleansing, lemon based elixir packed with vitamin C, Beta Carotene and Antioxidants with a deliciously cleansing, invigorating taste.

Made with: Lemon, Orange Blossom, Maple Syrup, Ginger, Cayenne, Filtered Water.

SHOTS

Turmeric Shot 3

PLEASE ASK YOUR SERVER ABOUT ALLERGENS