

we don't have
all of these
desserts
all of the time,
so before you
set your heart
on one do
check today's
selection

ingredients
that are
among the
officially
recognised
allergens are
shown in **bold**

we use no
margarine
and no palm
oil

descriptions
are **NOT**
a full
ingredients
list –
if you need
to know
exactly what
each dessert
contains
please ask

CARROT CAKE £5.50
sweetened with agave & served with citrus sauce
the cake itself has **no added sugar**

CITRUS CHEESECAKE £5.50
wedge of **tofu** whizzed with citrus zest and
pure vanilla gently cooked to perfection **no added fat**

LUNA CAKE £5.50
layered fresh fruit with polenta, barely baked
no added sugar or fat

CHOCOLATE MOUSSE PIE £5.50
intense whizzed chocolate **tofu** over **chocolate chips**,
topped with **chocolate chips** **no added fat**

STICKY TOFFEE PUDDING £5.50
served with extremely sugared toffee sauce,
however, the cake itself has **no added sugar**

PACIFIC POKÉ £5.50
just bananas and **coconut** with a dash of cinnamon
no added sugar or fat although coconut is naturally fatty

VICTORIA SPONGE £5.50
classic cake sandwich of with fresh fruit,
our own **soya** cream and dusted with icing sugar

QUINOA TREACLE FLAPJAX £5.50
small squares of flaked quinoa in a treacle sauce

GULAB JAMAN £5.50
vegan and gluten-free triumph - little dumplings soaked
in a syrup of cardomoms and rose water

SPICED APPLE FRITTERS £5.50
deep fried spiced apples balls dusted in icing sugar

SWEET DEALS AT ANY TIME.....

£ 6.95 ANY CAKE WITH CHAI OR COFFEE OR
HOT CHOCOLATE OR MOCHA OR TEA

assam • breakfast tea
currant, ginseng & vanilla • jasmine
camomile • peppermint
darjeeling • rooibosh 11 o'clock
earl grey • decaffeinated tea
echinacea • green tea
ginger & lemon • berry tea...

£ 7.95 ANY CAKE WITH A SMOOTHIE OR
SHAKE OR VEG ENERGY DRINK

£12.50 ANY CAKE WITH EITHER
A DESSERT WINE OR SHERRY

