

## Meals

**Eden Platter** £12.95

**Shared Eden Platter (2 People)** £22.50

Up to 8 samples of: Chickpea Curry, Pumpkin Curry, Lentil Stew, Ackee, Callaloo, Quinoa, Rice, Bulgur Wheat, Plantain, Macaroni Pie, Wheat Meat, Fried Dumplings, Seaweed Fritters, Salad

	Single/Meal
<b>Pumpkin Curry</b>	£5.00 / £8.95
<b>Chickpea Curry</b>	£5.00 / £8.95
<b>Lentil Stew</b>	£5.00 / £8.95
<b>Ackee</b>	£5.00 / £8.95

Meals include 1 grain, 1 side, salad (not fries)

	Single/Meal
<b>Bean Burger</b>	£4.95 / £7.75
<b>Mushroom Burger</b>	£4.95 / £7.75
<b>Wheat Meat Burger</b>	£4.95 / £7.75

Meals include sweet potato fries, salad

## Wraps

	Single/Meal
<b>Olive &amp; Avocado</b>	£4.80 / £7.50
<b>Ackee Wrap</b>	£4.80 / £7.50
<b>Callaloo Wrap</b>	£4.80 / £7.50
<b>Plantain Wrap</b>	£4.80 / £7.50
<b>Wheat Meat Wrap</b>	£4.80 / £7.50
<b>Mixed Wrap</b>	£5.80 / £8.50

Meals include sweet potato fries, salad

## Take Away Deals

<b>Eden Platter - Large (6 items)</b>	£9.95
<b>Eden Platter - Small (4 items)</b>	£7.50

## Sides

<b>Macaroni Pie</b>	£4.00
<b>Callaloo</b>	£3.50
<b>Sweet Potato Fries</b>	£3.50
<b>Plantain</b>	£1.80
<b>Fritters (2)</b>	£2.20
<b>Dumplings (2)</b>	£1.50

## Grains

<b>Quinoa</b>	£3.50
<b>Bulgur</b>	£3.50
<b>Afrikan Rice</b>	£3.50
<b>Red Rice</b>	£3.50

## Patties

<b>Callaloo</b>	£2.20
<b>Dal</b>	
<b>Vegetable</b>	

## Salads

<b>Olive &amp; Avocado</b>	£4.50
<b>Seaweed Salad</b>	£4.50
<b>Quinoa Salad</b>	£4.50
<b>Florida Salad</b>	£4.50
<b>Rainbow Salad</b>	£3.95

## Desserts

<b>Cakes per slice</b>	£4.00
<i>Banana &amp; Walnut</i>	
<i>Almond</i>	
<i>Cocoa &amp; Orange</i>	
<b>Apple Crumble</b>	£4.95
<b>Ice Cream</b>	£1.75/£3.00

1 scoop/2 scoops

<b>Raw Tortes</b>	£4.50
<i>Lemon</i>	
<i>Chocolate</i>	

## Drinks

**Home-Made Drinks** £3.50

Lemonade  
Citrus Fusion  
Sorrel & Ginger  
Lime & Ginger  
Ginger Beer

## Fresh Juices

Carrot Top £4.50  
Green Blend £4.50

## Fresh Smoothies

Eden Berry £4.75  
Eden Green £4.75

## Water

Mineral Water - Glass £0.70  
Mineral Water - Jug £1.50  
Alkaline Water - Glass £1.25  
Alkaline Water - Jug £2.00

## Punches

Guinness Punch £4.50  
Magnum Punch £4.95

## Health Drinks

Sea Moss £4.95  
Ital Moss  
Spirulina Moss  
Hemp Moss

## Health Shots

Alkaline green £2.00  
Chia seed £1.00

## Hot Drinks

Teas £1.95

Alkaline Tea  
Lemon & Ginger  
Green Tea  
Moringa Tea  
Sorrel Tea  
Matcha Tea  
Sour Sop Tea  
Guinea Hen Tea  
Echinacea Tea  
Liquorice Tea

Breakfast Tea £1.70

## Coffee

Americano £2.00  
Latte £2.50

Hot Chocolate £2.95