

Oliveira

ORGANIC VEGETARIAN KITCHEN

CHOCOLATE COFFEE AND TEA

choice of cow's milk, soya, coconut or almond

ESPRESSO £1.75 / £2

Single origin organic Peruvian beans

LATTE £2.6 / £2.95

A shot of espresso, filled up with milk

CAPPUCCINO £2.6 / £2.95

Third espresso, third milk, third foam (as the AUSTRIANS, not the Italians, meant it)

FLAT WHITE £2.8

Double shot of espresso, filled with hot milk

AMERICANO £1.95 / £2.3

Double shot of espresso over a bit of hot water.
Have it black or white

MOCHA £3.1 / £3.3

Shot of espresso, shot of chocolate, filled with milk and foam

HOT CHOCOLATE £3

Premium chocolate. Our chocolates are not too sweet, please advise us if you have a sweet tooth

AMAZONIAN CHOCOLATE £4

The real deal, 100% raw cocoa from South America mixed with hot milk. This is pure and natural; there is no sugar at all in this

CHAI LATTE £3

Chai spices brewed with milk (we suggest soy milk for this one)

MATCHA LATTE £3.3

Japanese organic finely ground green tea leaves brewed in milk

JOE'S ORGANIC TEA £2.15

Yup, they are organic, sustainably produced and are part of a beautiful project of farm to cup thingy, and to add good taste to conscience, they have won 20 awards. Not just superbly tasty, also great for our way of life. Here is our selection:

EVER-SO-ENGLISH BREADFAST

THE EARL OF GREY

QUEEN OF GREEN

PROPER PEPPERMINT

SWEET CHAMOMILE

REST-REPEAT ROOIBOS

ST CLEMENT'S LEMON

FEISTY TURMERIC GURU

THE BERRY BEST

JUICES £3

ORANGE

APPLE

BERRIES

SMOOTHIES £3.5

Red Berry Raspberry, grape, redcurrant, strawberry

Tropical Mango, papaya, banana, guava

Green Boost Kiwi, spinach, avocado

AMAZONIAN SUPERFRUITS SMOOTHIES £5

Exclusively Brazilian Amazonian fruits, you may find the names strange or never heard of.

Be adventurous, try one, you may even like it

CUPUAÇU

An incredible superfood from the cocoa family. Contains 11 different antioxidants, rich in vitamin A and C. It's white, creamy and sour (usually Brazilians blend it with milk, please let us know if you prefer it to be blended with soya, coconut or almond milk instead)

ACEROLA

This tiny cherry-like fruit has about 65 times as much vitamin C as an orange. Yup. This is not an exaggeration.

GUAVA

The highest source of vitamin C of all. Inside 100g of guava you get 9gm of fibre 4.1 gm of protein and 100g calorie.

Now, that is a super fruit

CAJU

Not the nuts, this is the actual fruit. The nuts grow in kernels outside the fruit. It has anti-bacterial properties and proven effective in the treatment of inflammation in the stomach

AÇAÍ

Unlike any other fruit, it's simply the most nutritious botanical on the planet, the richest in anti-oxidants, a natural anti-aging bliss

SOFT DRINKS

STILL WATER £2.5

SPARKLING WATER £2.5

COCONUT WATER £2

LEMONAID £2.9

100% organic fruits, no preserves no additives. LemonAid and ChariTea are result of a distinguished social project that bring resources back to the farming communities

LIME

BLOOD ORANGE

PASSION FRUIT

CHARITEA £2.78

GREEN TEA WITH GINGER

ROOIBOS AND PASSION FRUIT

MATE WITH LEMON AND ORANGE (SPARKLING)

BLACK TEA WITH LEMON

FENTIMANS £3

Botanically brewed drink with fermented herbal extracts

VICTORIAN LEMONADE

MANDARIN AND SEVILLE ORANGE JIGGER

GUSTO COLA £3

Made from real organic cola nut grown by the Mende & temne peoples of Sierra Leone

GINGERELLA £2.82

Organic Fairtrade ginger grown by farmers in Sri Lanka. With a unique blend of organic lemons and vanilla

Breakfast

BREAD AND COFFEE £5.5

Toasted sourdough, jam, butter and a coffee of your choice

GRANOLA AND YOGURT £5

FULL CONTINENTAL £8

One pastry, toasted sourdough, butter, jam, a coffee of your choice, orange juice (would offer you a glass of prosecco, but we are trying to behave)

AÇAÍ BOWL £6

Oliveira family's favorite. 200g of pure Açaí (no monkey business here!) with granola and fruits. Organic, non-GMO, sustainable. You help your health, help the indigenous peoples of the Amazon to keep their forest and on top of that receive our bliss for canonization

EGGS BENEDICT

Poached eggs on toasted sourdough, hollandaise sauce

Choose from the following:

FLORENTINE £9

Wilted spinach

BELL BENEDICT £8

Roasted sweet peppers

CALIFORNIA £10

Avocado and tomato

YUCATÁN £11

Chipotle salsa and avocado

SARDO £12

The chef's favourite, traditional Sardinian pecorino cheese melted on toasted sourdough

OMELETTE YOUR WAY £8

Choose from: cheese, tomato, mushroom, onion, herbs

SCRAMBLED EGGS ON TOAST £7

PESTO PORTOBELLO £7.5

Creamy field mushroom on sourdough toast

PANCAKE £7

Buttermilk batter, maple syrup or fruit compote
Have it with vanilla ice cream or mascarpone (£1)

SAUSAGE AND EGGS £8

Linda McCartney VEGAN sausages (they are truly delicious!) 2 eggs and toasted sourdough

SANDWICHES

EL PASO £6

Potato bread, chipotle salsa, spiced pumpkin, cheese, crispy onion, coriander

TRICOLORE £6

48h San Francesco sourdough, mozzarella, tomato, pesto

COLONEL ZORBA £6

48h San Francesco sourdough, roasted pepper, roasted courgette, Greek goats cheese

We only use free-range eggs from Ventonwyn Farm, St Ewe, Cornwall.

Ask your server for allergens information.

Most dishes can be adapted to a vegan alternative. Talk to us!