

AIR



WILD
FOOD
CAFÉ

EARTH



Pear and Hibiscus Cheesecake,
Pumpkin Seed & Coconut Granola



Wabi-Sabi Kale Salad



OUR MENU IS PLANT BASED & ORGANIC

R Some or all of the ingredients are prepared under 42°C to preserve enzymes, nutrients and flavours. Ask the wild team for completely raw options.

S Contains Seeds

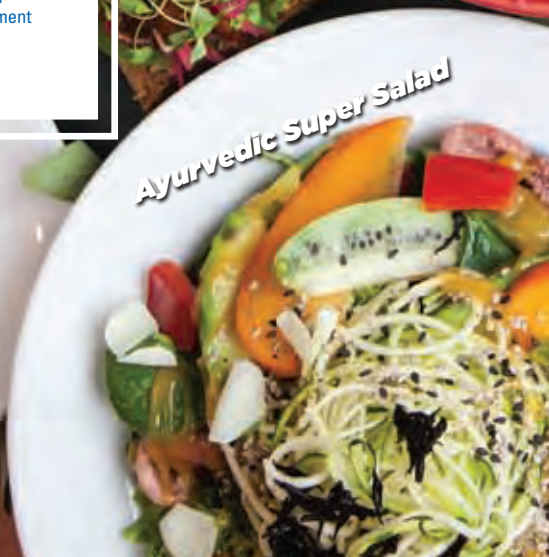
N Contains Nuts

Please advise our team of any allergies you have before ordering. Our dishes may contain olive pits. We work in a nut-rich environment and can't guarantee that there will be no cross-contamination.

OPTIONAL 12.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL. ALL PROCEEDS GO DIRECTLY TO OUR TEAM.



Raw Chocolate Tart,
Date Caramel



Ayurvedic Super Salad



**Salted Hazelnut
Caramel Chia Pudding**



Venus Bowl



**Pulled Jackfruit
Open-Hearted
Sandwiches**



**Baked Sweet Potato
Interstellar Slices**



**Grilled Pak Choi
& Wild Mushrooms**

SMOOTHIES

- Forgotten Ecstasy** ^R 7
Raw cacao, he-shou-wou, maca, mesquite, coconut cream, lavender
- White Zen** ^{N R} 7
Almond milk, cold-brew coffee, dates, vanilla, fresh coconut milk, cardamom, lions mane
- Wild Whip** ^R 7
Whole clementines, red pepper, wild sea buckthorn, rosehip, turmeric, olive oil

JUICES & TONICS

- Vibrant Green** ^R 6.5
Cucumber, celery, seasonal greens, pear, swiss chard, parsley, ginger
- Grounded** ^R 6.5
Beetroot, carrot, tigernut milk, turmeric, maca, ginger
- Prince of Persia** ^R 7
Pomegranate, dulse, rose water, sea salt

SHOTS

- Alive** ^R 2.5
Probiotic kimchi juice
- Awake** ^R 3
Cayenne, lemon, ginger, fresh turmeric
- Aware** ^R 3.5
E3Live Blue Majik spirulina, coconut water

COLD DRINKS

- Sparkling Water** (330ml – 750ml) 2.5 - 4.5
- Gusto Organic Kola** 3.2
- JARR Kombucha** (243ml) 4
(Passionfruit, Ginger or Original)
- Fresh Young Coconuts** 6

WINE

ORGANIC WHITE glass / bottle

Adobe Reserva 5.5 / 21
Sauvignon Blanc

Casablanca Valley, Chile, 2016

Catalan Eagle White 6.5 / 23.5
Garnacha Blanca Viognier

Terra Alta, Spain, 2015

ORGANIC RED

Domaine Mas Barrau 5.5 / 21
Cabernet Franc

Gard, Rhône, France, 2015

Artesa Rioja 6 / 24

Aldeanueva, Rioja, Spain, 2015

ORGANIC SPARKLING

Emiliana Sparkling Wine 28

Casablanca Valley, Chile, NV

BEER

Daas Blonde Beer 5.2

Gluten free, organic golden beer. Belgian brewed with perfectly balanced bitter sweet flavours.

Blonde Organic Lager 5

Organically grown hops and barley. The hops deliver a floral note to the naturally gluten free brew.

Ashridge Vintage Cider 5

Organic medium dry cider with up to twenty different varieties of apples from traditional orchards in South Devon.

OUR WATER

All water we use to make the food and serve on our tables has been filtered through a state of the art filtration system with 10 levels of natural media mimicking nature's cycles. We then further 'activate' the water using leading-edge vortex and infrared ceramics. So enjoy your living water. It is Ph7, and it is on us!

TEAS & COFFEE

Fresh Mint 2.8

Fresh Ginger & Lemon 2.8

Positivitea Range: 2.8

Thrive: hibiscus, strawberry, cinnamon, ashwagandha
Helps with grounding and blood flow.

Create: rooibos, cocoa, vanilla, ginseng
Boosts energy and creativity.

Achieve: yerba mate, lemongrass, ginger, dandelion
Aids productivity and digestion.

Give Now: green tea, jasmine, rose, ginkgo biloba, hawthorn leaf, cardamom
Strengthens the heart muscles and inspires compassion.

Inspire: peppermint, liquorice, echinacea, ajwain
Soothes a sore throat, helps prevent cold and flu symptoms.

Imagine: white tea, elderflower, blueberry, eyebright
Increases focus and helps combat headaches.

Connect: chamomile, honeybush, lavender, valerian
Relieves stress and anxiety and helps prevent insomnia.

Three Chi Chai: cocoa, chilli, ginseng, cinnamon
Boosts chi - vital energy that unites body, mind and spirit, also known as prana or life force.

French Press Organic 3
Monmouth Coffee

Served with organic coconut or soy milk

HOT SPECIALTIES

Golden Milk 5 S N
Turmeric, cinnamon, cardamom, pumpkin, black pepper, date caramel, ginger, coconut whip

Magical Matcha Latte 5 S N
High-grade matcha, chaga, barleygrass, maca, date caramel

Medicinal Mushroom Latte 5 S N
Chaga, cordyceps, reishi, lions mane, coconut oil, cinnamon, maple syrup

WILD PLATES

- Baked Sweet Potato Interstellar Slices** **N** 6
Smoked paprika, coconut oil, mustard mayonnaise
- Grilled Pak Choi & Wild Mushrooms** 7.5
Black quinoa, pak choi, mango and fennel chutney, coriander salsa verde
- Olive Miso Ramen Bowl** 8.5
Spiralized courgette and squash, shiitake, chickpea tofu, kimchi
- Pulled Jackfruit** **R S N** 11
Open-Hearted Sandwiches
Raw walnut & squash bread, little gem, beet sauerkraut, bbq pulled jackfruit, flaxseeds, black garlic cashew cheese
- Wabi-Sabi Kale Salad** **R S N** 13.5
Squash, sunflower seed sour cream, probiotic kimchi, chestnuts, activated teriyaki almonds, avocado, wakame
- Ayurvedic Super Salad** **R S** 14.2
Wild rocket, cucumber, amaranth, wild nettle & sea purslane pesto, hijiki, artichoke, avocado, red pepper, mango, pink olives, hulled hemp, English mustard
- Venus Bowl** **S N** 14.5
Mother Mary root superslaw, quinoa, jerusalem artichoke, roast sweet potato, broccoli, sprouts, hemp seed, olives

SIDES & NIBBLES

- Sunflower Seed** **S R** 3
& Sundried Tomato Crackers
- Avocado** **R** 3
- Selection of Marinated Olives** **S R** 4
- Kale Chips** **S R** 4.5
- Activated Teriyaki Almonds** **N R** 3.5



DESSERTS

Walnut & Date Banana Bread, N 5
Almond Vanilla Custard

Salted Hazelnut Caramel N R 6.5
Chia Pudding

Raw Chocolate Tart, Date Caramel R 7

Sweet Potato Brownie, N 7
Vanilla Ice-cream

Pear and Hibiscus Cheesecake, N R 8
Pumpkin Seed & Coconut Granola

OUR AIM IS TO PROVIDE A VISION OF HOW FOOD COULD BE IF WE JUST IMAGINED SO! IN OUR WORLD, FOOD IS A CELEBRATION OF THRIVING AND EVERY DISH AT WILD FOOD CAFE IS AN EXPRESSION OF THAT.

EVERYTHING ON OUR SEASONAL MENUS IS CRAFTED TO NOURISH YOUR BODIES, HEARTS AND MINDS IN THE MOST DELICIOUS, CREATIVE AND HEALTHY WAY WE CAN IMAGINE. WE TREAT FOOD GENTLY AND WITH RESPECT, WITH THE AIM OF RETAINING AS MUCH OF ITS NATURAL GOODNESS, 'RAW-SOMENESS' AND WHOLESOMENESS AS POSSIBLE.

WE DON'T USE REFINED SUGAR, GLUTEN AND STAY AWAY FROM OVER PROCESSED FOODS SUCH AS WHEAT AND PEANUTS. INSTEAD, WE FOCUS ON BIODIVERSE PLANT INGREDIENTS THAT ARE RICH IN NUTRIENTS AND FLAVOUR, ENRICHING TO OUR BODIES AND THE PLANET.

OUR INGREDIENTS

WE STRIVE TO FIND THE MOST NOURISHING, INSPIRING INGREDIENTS, INCLUDING WILD CRAFTED & FORAGED FOODS FROM PRISTINE ECO SYSTEMS, SMALL ORGANIC FARMERS & ETHICAL, LOCAL SUPPLIERS AND BE ON THE LEADING-EDGE OF AN ECSTATIC PLANT FOOD FRONTIER FOR THE NEW GENERATION OF MOVERS AND SHAKERS.

1ST FLOOR, 14 NEAL'S YARD, COVENT GARDEN, LONDON, WC2H 9DP

WILDFOODCAFE.COM

    @WILDFOODCAFE