

BITES AND SHARING

Giant gordal olives 3.5

Toasted courgette & kale bread with chilli jam 3

Bread with olive oil & hazelnut dukkah 3

Pan fried whole edamame beans with vegan cashew mayo 2.5

Mezze board with dips, dukkah, house pickles, olives, chargrilled flatbread 7.5

add grilled chorizo 4 add beetroot cured salmon 4.5

LARGE PLATES

CHICKEN SHAWARMA GRAIN BOWL (GF)

Pulled chicken with quinoa, kale, pomegranate, broccoli, lemon crème fraiche and turmeric toasted seeds 12

add a poached egg 1.5

PAN FRIED HAKE (GF)

Spice rubbed fillet with a salsa of sweetcorn, black eyed bean & pickled onion, chipotle sour cream mayo, coriander zhoug & crispy corn tacos 13.5

add smashed avocado 4 add fries w aioli 4

LAMB KOFTE

With grilled flat bread, cauliflower tabbouleh, sumac yoghurt, muhammara & coriander zhoug 12.5

add sautéed greens 4

CHICKEN SCHNITZEL

With hispi and pickled red cabbage slaw, dried cranberries, toasted walnuts & ranch dressing 12.5

add a fried egg 1.5 add corn on the cob 4 add fries w aioli

CORN FRITTERS

Stacked with streaky bacon, fresh spinach, roast tomatoes, smashed avocado & lemon crème fraiche 13

add a poached egg 1.5 add chorizo 4

SMASHED AVOCADO

On sourdough with poached egg, labneh, hazelnut & pistachio dukkah, shaved raw courgette & fresh herb salad with your choice of

Bacon 11.5 or Beetroot cured salmon 12.5

VEGETARIAN

GRILLED COURGETTE GRAIN BOWL (GF)

Grilled courgettes with lemon, oregano, chilli dressing, quinoa, kale, pomegranate, broccoli, lemon crème fraiche & turmeric toasted seeds

9.5

add a poached egg 1.5

add grilled halloumi 4

TERIYAKI TOFU (Ve, DF)

Sticky glazed tofu with a coconut chilli sambal, rainbow asian slaw, toasted cashews & cucumber wedges 10

add sautéed greens 4

BEETROOT FALAFEL

With grilled flat bread, cauliflower tabbouleh, sumac yoghurt, muhammara & coriander zhoug 9.5

add smashed avocado 4

SMASHED AVOCADO w Halloumi 11.5

On sourdough with poached egg, labneh, hazelnut & pistachio dukkah, shaved raw courgette & fresh herb salad.

GREEN & GOLD VEGAN SUPER BOWL (Ve)

Sweet potato with coconut chilli sambal, avocado, turmeric mixed seeds, cauliflower quinoa 'rice', toasted cashews, fresh spinach & edamame, pickles & vegan cashew mayo 10

add a poached egg 1.5 add grilled halloumi 4

EXTRA BITS

Fries with rosemary salt & aioli or vegan cashew 'mayo' 4

Sautéed greens with Szechuan salt 4

Corn cob with cashew 'mayo' & coconut chilli sambal 4

Mixed leaf salad with lemon dressing 3

DESSERTS

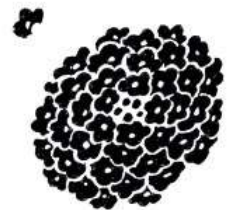
Coconut rice pudding arancini with salted caramel sauce, coconut yoghurt & toasted coconut 5

Poached pears with coconut yoghurt, candied orange & pistachio crumble 5

Chocolate mousse with honeycomb & candied walnuts 5

Lantana blend double espresso with ice cream & toffee sauce 5

Cakes & slices from the counter (see counter display)



SMOOTHIES

TBC 4.5

Tahini, banana, cinnamon, oat milk

Immunity Booster 4.5

Mango, turmeric, cardamom, oat milk

Mocha 4.5

Banana, cacao nibs, coffee, oat milk

SODAS

House Lemonade 3

House Gingerade 3

House Hibiscus, Lime, Mint 3

Coke / Diet coke 2.5

JUICES

OJ Freshly Squeezed 3.8

Green Elixir 4.5

Kale, celery, cucumber, lime, apple

Sunshine Coast 4.5

Carrot, orange, apple, ginger

Reboot 4.5

Beetroot, carrot, apple, ginger

WINTER WARMERS

Matcha latte 3

Turmeric chai latte 3

Chai latte 3

Ginger mulled apple juice 3

Lemon, ginger and honey infusion 3

Fresh Mint infusion 3

COCKTAILS

Negroni 8.5

Sipsmith Gin, Red Vermouth, Campari

Lantana Mule 8

Vodka, house Gingerade, lime

Hibiscus Collins 8.5

Sipsmith Gin, Hibiscus, lime

Espresso Martini 7.5

Vodka, kahlua, espresso

Aperol Spritz 7.5

Bloody Mary 6.8

Virgin Mary 4.5

WINE (125ml glass / bottle)

SPARKLING

Scolera Anticato, Prosecco, Italy 6.5 / 32

ROSE

2015 The Bergerie, Languedoc, France
6 / 28

WHITES

2017 Franschoek, Sauvignon Blanc;
S Africa 5 / 24

2016 Barbera Bianca, Lombardia Italy
6 / 26

2016 Riesling, Catherine Marshall, S Africa
7 / 34

REDS

2016 Franschoek, Pinotage, South Africa
5 / 23

2016 Bodegas de Exopto, Rioja, Spain
6.8 / 34

2015 Lucky's Syrah, Hunter Valley,
Australia 8.5 / 45

2015 Torbreck Cuvee Juveniles, Barossa
Valley, Australia 9.5 / 50

BEERS

Unity Lager (4.5%) 5

Little Creatures Pale Ale (5.2%) 5.5

Little Creatures Dog Days Session Ale
(4.4%) 5.5

Wild Card Queen of Diamonds IPA 6

COFFEE - BLACK

Espresso 2.2

Long Black 2.6

Filter, single origin (300ml) 3

Cold drip coffee 3.6

COFFEE - WHITE

Flat White 3

Latte, Cappuccino 3

Piccolo 2.6

Macchiato 2.4

Chai Latte 3

Iced coffee 3.5

Oat milk available +50p

TEA BY GOOD & PROPER TEA

Lantana Breakfast

Earl Grey

Wild Rooibos

Jade Tips

Hibiscus

all at 2.6

CHOCOLATE

Koko Deluxe from Melbourne

Hot Chocolate 3

Mocha 3.5