



Please place your order at the coffee counter with your table number.

COFFEE

(Served with your choice of Oat, Soya or Coconut 'milk')

Black

Double Espresso	3
Batch Brew	3
Americano	3.2
Long Black	3.2

White

Macchiato	3.2
Piccolo	3.3
Cortado	3.3
Flat White	3.8
Cappuccino	3.8
Latte	3.9
Mocha	4.2

SOFT DRINKS

Luscombe

Raspberry Crush	3.8
Ginger Beer	
Sicilian Lemonade	
Wild Elderflower fizz	
Orange Juice/ Apple Juice	

Juice

In-house Fresh Squeezed Orange	4/5
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Daily Dose Juice

Dulce Verde: Cucumber, Apple, Spinach, Kale & Lemon	4.8
Rouge: Apple, Beetroot, Ginger, Lemon & Aloe Vera	
Strawb: Apple, Strawberry, Lemon & Basil	
O'fresco: Apple, Carrot, Lemon, Ginger & Turmeric	

Kombucha

Ginger & Lemon	4.5
Raspberry & Lemon	
Passionfruit	

Water

Still/ Sparkling	2.6
Cleansing Water: Lemon, Lime, Agave & Spirulina	4.5

NOT COFFEE

Offbeet Recipe

Hot Chocolate	4
Beetroot Latte	4
Turmeric Latte	4
Chai Latte (Make it a Dirty Chai +50p)	4.2
Lion's Mane Mushroom Superfood Latte	4.8

Our house blend of lion's mane powder, coconut sugar & cinnamon over espresso, served with your choice of milk. Aiding memory, digestion and focus.

Matcha Latte

Pure Grade	4.5
Strawberries & Cream	
Raspberry Ripple	
Peaches & Cream	
Ice cream (Recommended over ice)	

Loose Leaf Tea

The Breakfast One/Decaf	3.2
The Minty One	3.2
Zingy, Pure Peppermint	
The Green One	3.2
Chinese, Organic Pure Green Tea	
The Earl Grey	3.2
Classic Bergamot Infused Black Tea	
The Relaxing One	3.4
Lemongrass, Lemon, Apple, Raspberry Infusion	
The Fruity One	3.2
Orange, Apple, Hibiscus Infusion	
The Spiced One	3.2
Black Tea, Vanilla & Mixed Spices	
The Vanilla One	3.4
Vanilla & Almond Rooibos	
The Peachy One	3.2
Peach & Apricot Black Tea	

Iced?

All of our Coffees & Matchas are available iced. Just request on order.



Allergen Info: ALLERGENS ARE ALWAYS PRESENT IN OUR CAFE.
Please ask a member of staff about ingredients if you are unsure about any products on sale.



@OFFBEET_SOUTHSEA



OUR PHILOSOPHY

Our brand encompasses three pillars: **EAT. NOURISH. COMPASSION.**

EAT - Food is our common ground and brings people together on many levels. Catching up with family and friends, that first anticipated date, that special occasion, a business meeting. Food offers a transient escape from our busy and often stressful lives. Eating out needs to be enjoyable, it's not just food, it's the environment, the service and overall experience.

NOURISH - Every time you eat, it is an opportunity to nourish your body. The food we input into our bodies is fundamental to our physical and mental wellbeing. But for too long food that is nutritious has an image as food which isn't exciting. We are breaking that mould!

COMPASSION - Compassion for the people, the planet and the animals. Plant based food is an act of compassion and the link to reducing animal suffering and global climate change. We don't preach so we let the food do the talking.

OUR FOOD

FRESH - There's fresh food and then there's OFFBEET food. For a decade now we have been making almost all the elements on the menu. We make yoghurts, cheeses, pickles, fermented products like miso, tempeh, spice mixes, sauces, mayos, hummus, breads, pestos, harissa and sprouting seeds to name just a few.

COST - We live in a world where sadly it is cheaper to buy mass produced ultra processed food. These products will never nourish you in the same way freshly made food can. Ask our staff about the food and they will take great pleasure telling you how we produce it. We have priced our menu accordingly to ensure you receive high quality food made from great ingredients and our staff are paid and rewarded as they should be.

INFO ON SOME ELEMENTS...

Burrata - Our plant-based burrata is crafted from soy, yet cultured with traditional cheese cultures to replicate the rich complexity of dairy cheese. This process imparts a deeper, more authentic flavour profile, which sets it apart from most other plant-based cheese alternatives.

Our Chick'n - Our plant-based seitan chicken is made from a unique butter bean base, resulting in a high-protein, nutrient-dense option. Unlike most store-bought meat alternatives, our recipe is crafted entirely from whole foods with far fewer ingredients.

Fermented Pickles - A fermented pickle is a pickle which ferments for about 4-6 weeks at room temperature. We use a certain percentage of salt and liquid to prohibit any bad bacteria forming. The resulting pickle has complex flavours but also contains good gut bacteria essential to maintaining a health microbiome such as *Leuconostoc mesenteroides*, *Lactobacillus brevis*, *Pediococcus pentosaceus*, and *Lactobacillus plantarum*.

Sprouting Seeds - We sprout seeds daily and they are a superfood powerhouse. Our broccoli sprouts contain over 100 times the amount of sulforaphane than mature broccoli. Sulforaphane is a type of antioxidant that cancel out free radicals.

OUR MENU...

NIBBLES

GLAZED STICKY 'BACON' ROASTED NUTS (GF)	4.5
18HR DEHYDRATED 'CHEEZY' KALE CRISPS (GF)	5

ALL DAY BRUNCH (Available all day)

MOROCCAN PANCAKES	13
Indulge in our unique twist on authentic Moroccan food. Three pancakes layered generously with dill, mint and coriander yoghurt, topped with charred harissa onions and pulled chick'n. Garnished with olive, lemon and apricot confit tomatoes, garlic, pine nuts, spices and plant 'honey'. - ADD AN EXTRA STACK £2.5	
GOURMET 'TUNA' MELT (GF OPTION AVAILABLE)	12.5
Luxury 'tuna' melt with a Persian twist. Toasted sourdough by the well celebrated Bread Addiction. Topped with chickpea 'tuna', and our incredible mature 'cheddar' sauce. Garnished with confit tomatoes and Zeytoon Parvardeh (marinated olives with walnuts, 'honey' and herbs).	
GARLIC MUSHROOMS ON SOURDOUGH (GF OPTION AVAILABLE)	13.5
Toasted Bread Addiction sourdough topped with plant-based burrata, sautéed garlic chestnut mushrooms. Garnished with pumpkin seed and kale pesto, plant 'honey' and nutrition powerhouse sprouting seeds.	
GRILLED CHEESE WAFFLE	12.5
Golden and crisp waffle filled with our mature 'cheddar' sauce, pumpkin seed and kale pesto. Garnished with coconut 'bacon', Alabama white sauce and crunchy pickles.	
LIGHTER OPTIONS	
Bread Addiction sourdough toast with choice of peanut butter or jam.	5.5
Gluten free bagel with choice of peanut butter or jam. (GF)	5.5
Pina colada granola. Oats, chia seeds, flax seed, coconut flakes and pineapple with soy yoghurt (GF)	7.5

PANCAKE MIX USED
AVAILABLE TO BUY ON OUR
DELI RANGE

LATE RISERS (Available from 12pm)

YAM TA-WAI THAI SALAD (GF)	14
A spicy but zingy salad with nutrient powerhouse millet, vegetables and tofu. Drizzled with a complex curry sauce known as massaman blended with coconut cream, tamarind, plant-based 'fish' sauce and palm sugar. Garnished with crispy shallots and roasted peanuts.	
PANZANELLA OFFBEET STYLE (GF OPTION AVAILABLE)	13
Za'atar sourdough croutons, local heritage tomatoes and buratta. Dressed with a local beer, plant-based honey and blackberry vinegar infusion. Garnished with sumac onions, crispy capers, and torn basil leaves'. - ADD HARISSA CHICK'N £2.5	
MIDDLE EASTERN TACOS (GF OPTION AVAILABLE)	14
Turmeric, lemon and cumin spiced millet, harissa chick'n and lacto fermented pickles. Served on traditional masa corn tacos and garnished with sumac onions, mint, dill and coriander yoghurt, tahini sauce and za'atar.	

Due to restrictions in our kitchen we politely decline any modifications or substitutions to our menu. If you have an allergy please speak to a member of our team so we can help.

UPGRADES

Punchy Pickles (GF)	1.5	Summer Pea Guac (GF)	2.5	Burrata (GF)	3
Coconut Bacon (GF)	2.5	Funky Ketchup (GF)	1.5	'Bacon' Mayo (GF)	1.5

FOR THE LITTLE ONES

TINY WAFFLE	5.5	JAM DOUGHNUT PANCAKES	6
A mini golden fluffy waffle, topped with chocolate chips & maple syrup.		Fluffy pancakes with jam, topped with maple syrup and cinnamon sugar.	
TOFU SCRAMBLE ON SOURDOUGH (GF OPTION AVAILABLE)	6.5	CHEEZE ON TOAST (GF OPTION AVAILABLE)	6.5
Toasted sourdough topped with classic tofu scramble.		Toasted sourdough topped with our mature 'cheddar' sauce.	

Allergen Info: ALLERGENS ARE ALWAYS PRESENT IN OUR KITCHEN AND IN SOME DISHES.
Please ask for our allergy information sheet if you are unsure about a dish.
Kitchen closes 30 minutes before cafe closing.