

Coffee

From James Gourmet roastery in Ross-on-Wye. All drinks are fully organic, even sugars and syrups.

Americano or short black £2.50
Espresso £2.40
Macchiato or cortado £2.60
Flat white £2.80
Latte £2.90
Cappuccino £2.90
Mocha £3

Double shot as standard. Fewer/more shots ± 40p. Decaf available. Local whole or skimmed milk. Alternative organic "milks" +30p: oat, sustainable soya, Italian almond+rice.
Add almond, vanilla, or caramel syrup +50p

Vanilla iced latte £3.30
Or almond or caramel

Other hot drinks

Hot chocolate (sugar free available) £2.90
Homemade chai latte £2.90
Hot spiced apple teapot £3.70
Turmeric and ginger latte £2.90
Matcha (green tea) latte £2.90
Beetroot latte £2.90
Chicory cup (prices as coffees)
Tea in a bag: breakfast, Assam, Earl Grey, Rooibos, decaffeinated £2.20
Loose leaf pot of tea: breakfast, Darjeeling, Earl Grey, rooibos, mango and sea buckthorn rooibos, lemon, green, berry green £2.70
Herbal tea in a bag: mint, nettle+mint, lime+mint, fennel, lemon verbena, wild berry, rosehip+hibiscus, liquorice, Yogi Classic Ayurvedic chai £2.50
Loose leaf pot of herbal tea: mint, chamomile £2.70

Soft drinks

Our soft drinks are lower in sugar than the mainstream brands, and without artificial sweeteners.

Kefir water with raspberry (sparkling) 330ml £2.50
Charitea rooibos tea with passion fruit light and refreshing 330ml £2.50
Blood orange £2.50 330ml
Kombucha Kat ginger or blueberry 250ml £2.50
Orange juice £2.50
Apple juice £2.50
Still or sparkling spring water £1.50
Cordials: blackcurrant, ginger, lemon, elderflower with spring water £2

Britain's first organic café since 1998. The majority if not all ingredients are organic. We may also use homegrown, foraged or responsibly grown seasonal British ingredients to reduce food miles and to support farmers – the food system is complex but we aim to be as sustainable as we can.



Find us on Facebook and Instagram

Woodruffs

Organic coffee. Sustainable good food.

Milkshakes and smoothies

The healthier end of blended cold drinks. Oat, soy, or almond+rice milk +50p

Milkshakes (Ve)

Banana, chocolate, or mixed berry £3.75
Chunky Monkey banana, chocolate, espresso £4.75

Smoothies (Ve)

Fruits of the forest £4.25
Tropical mango, coconut, banana £4.25

Green juice (Ve)

Freshly pressed juice made with spinach, apple, mint and other healthy greens £5.75
Allergens: may contain celery

Sweet things

Cakes

We make all our own cakes with many vegan and gluten free options. See the display for today's selection or our cake menu for the full list including allergen details.

Ice cream and lollies

Luscious Organic tubs: of vanilla, strawberries and cream, chocolate, mint-choc chip (all made with Jersey cream)
Booja-Booja vegan caramel (contains cashew nuts) £3
Pip Organic sugar-free children's lolly: apple, tropical or berry £2

Breakfast

Until 12pm.
Gluten free bread (contains almond, eggs) available +£1

Toast (Ve) (GF)

Two slices of homemade toast with butter or margarine, sugar-free jam, peanut butter, or Fairtrade honey £2.90

Porridge, Hereford blackcurrant compote, seeds (Ve)

Topped with hazelnuts, coconut and pumpkin seeds, agave syrup (or sugar or honey). Can be made with water, milk, oat milk, soy milk. £5.50
Oats are not certified gluten free. Nuts (hazelnuts).

Poached eggs on toast (GF)

Free range organic eggs, homemade bread £4.50

Spinach and creamy mushrooms on toast (Ve) (GF)

Mushrooms cooked in cream (or extra virgin olive oil) and tamari with wilted spinach £8
Can be made vegan and gluten free

Avocado on sourdough rye (Ve)

The modern classic on our homemade toast sprinkled with Aleppo pepper and sunflower seeds £7
Add egg +£2. Add feta +£2

Vegetarian breakfast (GF)

Marinated tomatoes, mushroom, eggs, spinach, beans, sweet potato croquettes, toast £10
Gluten free except bread

Lunch

11.30–3pm (ish). Gluten free bread (contains almond, eggs) available +£1

Seasonal homemade soup and bread (Ve) (GF)

See blackboard for today's choice £5.80.
Swap the bread for a sandwich or toastie £8
Try a turmeric chai latte with your soup!

Cheese and pickle sandwich or toastie (GF)

Local cheddar or blue cheese and our own pickle, on brown or white homemade bread
Served with a side of our Nourish salad £8
Or available on its own £4
Allergens: milk, wheat (bread)

Spinach and falafel sandwich or toastie (Ve) (GF)

With homemade hummus and roasted red pepper. On brown or white homemade bread
Served with a side of our Nourish salad £8
Or available on its own £4
Allergens: sesame, wheat (bread)

Children's menu

Toast

One slice of homemade toast with butter or margarine, sugar-free jam, peanut butter, or Fairtrade honey £1.50

Porridge

A plain version of our porridge, with agave syrup, brown sugar or honey £3

Poached eggs on toast

On white or brown £3.50

Beans on toast (Ve) (GF)

On white or brown £3.50

Spinach and feta spanakopita

The Greek filo delight with a side of our Nourish salad £8
Or available on its own £4.50
Allergens: milk, wheat

The famous Woodruffs curry (Ve) (GF)

A flavoursome but not too hot Kashmir-inspired dish of red lentil, cauliflower, squash, spinach and red pepper in a coconut and tomato sauce. Served with seasoned brown rice, our own sweet chilli jam and coriander. £11
Flatbread with cumin, coriander, fennel seeds (not GF) +£1.50
Allergens: mustard

Nourish bowl (Ve) (GF)

Tasty, colourful, healthy – a nourishing salad bowl of roast red pepper, aubergine, pickled fennel on a bed of brown rice and Puy lentils, hummus and seeds. £9
Homemade bread +£2. Add feta +£2

Half sandwich (Ve) (GF)

Jam, honey or peanut butter £1.50
Cheddar or hummus (sesame) £2.30

Soup (Ve) (GF)

A smaller version of our soup of the day £4

Drinks

Babyccino £1
Milk £1
Hot chocolate £2
Orange or apple juice £1.75
Pip Organic smoothie box £2.50
Milkshakes £2.50

Take away

We can provide our full menu as takeaway plus the following simplified items for something quick.

Porridge Plain and simple, with sugar £4

Soup Just the soup with no fancy toppings £4

Spanakopita Served cold £3.75

Nourish box Our tasty salad bowl in a box, full size £7.50 or light lunch size £5

Curry pot The main part of the curry without the rice £8

Cakes

Allergies. Please inform us if you have any allergies or dietary requirements. We make virtually everything we sell by hand (even our chilli sauce!) and while we follow good food handling practices, there is a chance of cross-contamination.

Dietary concerns. Ve = vegan | GF = no ingredients used naturally containing gluten | (Ve) / (GF) = these dishes can be made vegan or gluten free, please ask.