TUMBLE & THYME

Good food. Big play.
Easy days.

ORGANIC FAMILY MENUS

GROWN-UPS · LITTLE PEOPLE · CELEBRATIONS

01 · EAT BRIGHT

For grown-ups

MORNING & BRUNCH

Served until 3pm

Garden greens Benedict — £14.5
Poached organic eggs, lemony spinach, avocado, sourdough, herb hollandaise
V

Roast pumpkin shakshuka — £13.5
Tomato, red pepper, chickpeas, organic eggs, tahini yoghurt, rye flatbread
V

Berry chia bircher — £9.5
Oats, chia, apple, live yoghurt, seasonal berries, toasted seeds
V · GF option

Savoury oat bowl — £12.5
Steel-cut oats, miso mushrooms, wilted greens, soft egg, sesame
V

LUNCH FOR GROWN-UPS

Bright plates, serious flavour

Rainbow quinoa crunch — £14
Quinoa, roast beetroot, carrots, avocado, edamame, citrus dressing
VE · GF

Herb chicken & freekeh — £16
Free-range organic chicken, freekeh, cucumber, herbs, whipped feta

Wild mushroom spelt risotto — £15
Pearled spelt, woodland mushrooms, kale, parmesan, parsley oil
V

Sesame salmon bowl — £17.5
Roast salmon, brown rice, broccoli, cucumber, kimchi, sesame-lime dressing
GF

PRESSED HERE

Nothing bottled, nothing hidden

Sunshine Press — £5.8
Orange, carrot, apple, ginger
VE · GF

Green Rocket — £5.8
Pear, cucumber, spinach, lime, mint
VE · GF

Berry Beet — £5.8
Apple, beetroot, strawberry, lemon
VE · GF

Pear Garden — £5.8
Pear, fennel, celery, lemon balm
VE · GF

02 · GROW BRIGHT

For little people

LITTLE PLATES

Proper food for curious eaters

Sweet potato cloud gnocchi — £8.5
Soft gnocchi, roast tomato sauce, hidden courgette, basil — V

Herby chicken kofta garden — £9
Organic chicken kofta, lemon couscous, cucumber stars, yoghurt

Salmon & pea fishcakes — £9.5
Oven-baked salmon, peas and potato, rainbow slaw, herby yoghurt

Tiny quinoa garden — £8
Quinoa, roast squash, avocado, sweetcorn, edamame, citrus drizzle — VE · GF

Rainbow veggie rice rolls — £8
Rice paper, avocado, carrot, cucumber, mango, sesame dip — VE · GF

Red lentil mini pancakes — £8
Lentil and carrot pancakes, hummus, tomato petals, soft leaves — VE · GF

LITTLE SIPS

Freshly pressed, never from concentrate

Golden Giggle — £3.8
Orange, mango, carrot — VE · GF

Green Machine — £3.8
Pear, cucumber, spinach, apple — VE · GF

Ruby Rocket — £3.8
Apple, strawberry, beetroot — VE · GF

Cloud smoothie — £4.2
Banana, oat milk, blueberry, chia — VE · GF

NATURALLY SWEET

Fruit-led and gently sweetened

Berry yoghurt bark — £4.5
Live yoghurt, berries, pumpkin seed crunch — V · GF

Warm apple oat pot — £4.5
Baked apple, cinnamon oats, vanilla yoghurt — V

Cacao avocado mousse — £4.5
Avocado, cacao, banana, raspberry dust — VE · GF

03 · PARTY BRIGHT

Celebrations

THE PARTY TABLE

Choose five for your celebration

Rainbow garden pinwheels — INCLUDED
Wholegrain wraps, beet hummus, spinach, carrot
VE

Mini sunshine flatbreads — INCLUDED
Roast tomato, courgette, sweet pepper, mozzarella
V

Little herb chicken skewers — INCLUDED
Organic chicken, lemon, oregano, cucumber yoghurt
GF

Sweet potato falafel moons — INCLUDED
Chickpea, sweet potato, sesame, green tahini
VE · GF

Fruit forest — INCLUDED
Seasonal organic fruit, berry dip, mint
VE · GF

Celebration cake — £48 supplement
Berry, banana-cacao or lemon yoghurt; naturally sweetened
V

FAMILY SHARING

Add something for the grown-ups

Mediterranean harvest board — £48
Roast vegetables, hummus, olives, seeded crackers, sourdough
VE

Green garden sharing bowl — £42
Quinoa, herbs, avocado, broccoli, seeds, citrus dressing
VE · GF

Organic coffee & juice station — £7 pp
Filter coffee, herbal tea and three fresh pressed juices

SMALL SPROUTS

Up to 8 children

£320

BIG BLOOM

Up to 12 children

£460

WHOLE PLAYGROUND

Up to 20 children

£720