

# LIVE FOODS

## ABC

Apple, Beetroot and Carrot, - Helps to protect your heart, helps to prevent constipation

## Raw Stir Fry Salad

Shredded Cabbage, Pak Choy, Courgettes & more - Helps to control blood pressure, aids to combat cancer

## Cauliflower Rice Salad

Cauliflower, Chopped Tomatoes, Coriander – Helps with heart disease, aids to combat cancer

## Green Power Salad

Baby Spinach, Kale, Rocket, mixed leaves, Spirulina – Super Alkalizing

This should not be taken as medical advice but as a guide to eating healthy



21 Sydenham rd.  
Sydenham

SE26 5EX

Evening meal - Don't want to cook  
BOOK A TABLE ONLINE OR JUST CALL

0208 778 6326



[www.calabash-culture.com](http://www.calabash-culture.com)

Student discount available



THE CALABASH OF CULTURE

**GOURMET**  
**VEGAN CAFÉ MENU**

Come eat with  
Nature...

### OPENING TIMES:

MON – WED 12pm – 8pm

THURS – SAT 12pm -10.30pm

Last Orders 60mins before close

0208 778 6326/ 07718 480 821

## WARM STUFF (MAINS)



Menu may vary day to day

- Lentil Dhal
- Chickpeas & Callaloo
- Bean Stew
- Vegetable Curry
- Vegenaïse
- Stewed Peas
- Creamy Chickpea Pasta

## GRAINS

- Brown Basmati Rice
- Quinoa
- Couscous
- Bulgar Wheat



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- Patties
- Burrito



### **LUNCH TIME**

SPECIAL 12-2pm -  
Small meal & Juice  
£8.50

from £6.50

Small £6.00 Medium £8.00 Large 10.00

Add 50p to eat in



## HOT DRINKS

Variety of Herbal Teas

Organo Coffee

Moringa Tea

## VARIED SELECTION OF VEGAN TREATS

Gluten Free Cupcakes	£2.35
Rocky Road Brownie	£1.45
Flapjacks	£1.45
Vegan Glory	£4.49
Choc Brownie Sundae	£4.49
Ice Cream	£1.20scp



## SOOTHIE'S

Our Soothie's are ailment specific:

### Migraine Miracle –

Coconut Water - Helps to keep you hydrated

Strawberries – Are an Antioxidant

### Digestion Aid –

Enzymes in spinach will help break down your food.

Almonds help improve digestive health by increasing beneficial stomach bacteria.

### Sunshine Orange

Flavanone in oranges, herperidin - shown to lower high blood pressure as well as cholesterol

### Morning Soothie

Green Earth Soothie – Spinach & Oatmeal

Yellow Energy – Plantain & Dates

Blue Strength – Blueberries & Banana

£4.00



**Fresh Juice £3.50**

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