




Nourish Wholefood Cafe is open seven days a week from 9.30am until 3pm with last food orders at 2pm.

We serve vegan roasts every Sunday from 12pm until 2.30pm. Booking is recommended.

Takeaway delivery is available every day online via  **JUST EAT**, or to order takeaway for collection call: 01462 557755

Our Story

The Letchworth Centre is the established home of complementary therapy in Hertfordshire. For 35 years it has offered clinical therapies and classes that promote holistic wellbeing. In the beautiful grounds, our cafe dovetails with the centres ethos of reflecting the mind-body-food connection. What we feed ourselves each day can affect how our minds and bodies deal with the challenges of modern life. At Nourish, we offer fresh and colourful dishes that combine a delicate balance of vitamins and nutrients. Everything we serve is freshly prepared here in our kitchens, including an extensive range of freshly baked breads. We are grateful to work in association with Growing People, a charity that offers horticultural therapy in the grounds of the centre. Their gardeners provide us with crops of herbs and vegetables, straight from the plot to your plate.

Private Hire & Catering

Please ask for details of private hire for the cafe and decking areas plus catering options at Nourish or alternative venues. or please email us at: nourishcafe1@gmail.com

Drinks Menu

Cold Drinks

SPARKLING KOMBUCHA Ginger & Lemon / Raspberry & Lemon / Passion Fruit	£2.75
SPARKLING WATER INFUSED WITH CUCUMBER	£2.25
SPARKLING ELDERFLOWER WITH PRESSED APPLE & LEMON JUICE	£2.95
LIGHTLY SPARKLING WATERMELON & HIBISCUS WITH A HINT OF CAYENNE	£2.95
ORANGE & CLEMENTINE VALENCIAN PRESSED JUICE	£3.95
FRESHLY MADE JUICES Please see our blackboard for today's specials	£6.50
FRESHLY MADE SMOOTHIES Please see our blackboard for today's specials	£6.95

Homemade Cakes & Desserts

BROWNIE (V, GF) Served with vegan ice cream and fruit compote	£4.00
POLENTA CAKE (V, GF) Rose water and lemon polenta cake served with a choice of ice cream or vegan crème fraîche	£4.50
CARROT CAKE MUFFIN (V, GF) With orange zest icing	£3.50
FLAPJACK (V, GF) With chocolate for £3.50	£2.95

Warm Drinks

COFFEE Our freshly ground coffee beans are roasted locally Milk options: Oat / Almond / Soya / Dairy	
AMERICANO	£2.95
CAPPUCCINO / LATTE	£3.40
FLAT WHITE	£3.20
ESPRESSO	£1.90
DOUBLE ESPRESSO	£2.70
MOCHACCINO	£3.60
TEA Organic Breakfast / Earl Grey / Rooibos / Assam / Camomile / Peppermint / Green Tea	£2.75
YOGI HERBAL TEA Wellbeing / Stomach Ease / Ginger & Orange / Women's Energy / Green Energy / Throat Comfort / Turmeric Chai / Relax / Immune Support / Lemon & Ginger	£2.75
LOOSE-LEAF APOTHECARY TEA • Goddess Blend (chamomile, lavender & rose) • Chill Out (lemon verbena, lavender & lime)	£3.50
HOT CHOCOLATE	£3.75
HONEY, LEMON & GINGER Local honey with fresh lemon juice and ginger	£3.75

A Little Tipple

ORGANIC RED WINE Vibrant, crisp and dry (750ml, 12% ABV)	£19.50
ORGANIC WHITE WINE Medium, unctuous and smooth (750ml, 12% ABV)	£19.50
PROSECCO Dry, crisp and fresh (200ml, 12.5% ABV)	£8.00
VEGAN PROSECCO Extra Dry (75cl)	£22.00
BELLINI Prosecco and peach puree (12.5% ABV)	£7.50
NON-ALCOHOLIC BELLINI Made with alcohol-free apple cider and peach puree	£4.00
BLOODY MARY Vodka, tomato juice, fresh lemon juice, Tabasco and a dash of Worcestershire sauce	£7.00
VIRGIN MARY Tomato juice, fresh lemon juice, Tabasco and a dash of Worcestershire sauce	£4.25
LOCAL HONEY GIN & TONIC Local honey gin served with Fever Tree tonic (25ml, 40% ABV)	£4.25
LOCAL PALE ALE (330ml, ABV on request)	£5.50
NON-ALCOHOLIC CRAFT LAGER	£4.25
LOCAL APPLE COTTAGE CIDER (6.7% ABV)	£5.50
CBD LITTLE RICK COLADA Alcohol-free CBD cocktail. Fruity raspberry, creamy coconut with a hint of lemon zest (32mg CBD)	£4.00
CBD LITTLE RICK MOJITO Alcohol-free CBD cocktail. A refreshing mix of sparkling water, fresh lime and mint (32mg CBD)	£4.00

Food Menu

Sunday Roasts

12pm to 2.30pm

NUT ROAST OR WELLINGTON WITH STUFFING

£12.95

Served with roast potatoes with garlic and rosemary, mashed swede, broccoli and carrots in orange and maple

All Day Breakfast & Brunches

9.30am to 2pm

PORRIDGE OATS (V, GF) £7.25

Made with milk of your choice, served with fruit, mixed nuts, chia seeds and a swirl of maple syrup or banana slices, sultanas, cinnamon and a drizzle of date syrup

NOURISH HOMEMADE GRANOLA (V, GF) £7.50

Made with sweet potato and cinnamon, served with coconut yoghurt and blueberries

BANANA & BLUEBERRY PANCAKES (V, GF) £9.50

Served with coconut yoghurt, homemade mixed berry compote, mixed nuts and maple syrup, sprinkled with house granola

NOURISH 'FULL ENGLISH' £12.95

Two eggs (poached, fried, scrambled or tofu scramble), mini spinach pancake, homemade baked beans, roasted mushrooms, tempeh bacon, grilled tomatoes and a slice of homemade sourdough

ROASTED MUSHROOMS (V) £8.95

Chunky portobello mushrooms with chopped parsley and garlic, served on toasted rye bread

With olive tapenade for £9.25

SPINACH PANCAKES (V, GF) £9.25

With lime and chilli butter, served with slow roasted tomatoes

With halloumi for £11.50

SMASHED AVOCADO (V) £9.50

With lime, coriander and paprika, topped with sunflower, sesame and pumpkin seeds, served with slow roasted tomatoes on toasted rye, soda or sourdough bread

OVEN BAKED AVOCADO £9.50

With two free-range eggs, topped with mature cheddar or vegan cheese, and toasted pine nuts. Served with slow roasted tomatoes

With a choice of toast for £10.50

BREAKFAST BUN (V) £9.00

Avocado, tempeh bacon and sauteed mushrooms

Add chilli jam for 20p

BUFFALO BUN £9.50

Two pan-fried free-range eggs, chunks of melted mozzarella with sautéed mushrooms, served in a toasted ciabatta bun

Add chilli jam for 20p

TOFU SCRAMBLE (V) £8.75

Tofu scramble on your choice of homemade toast with roasted tomatoes

JUST EGGS £7.00

Free-range scrambled, poached or pan-fried, served on two slices of homemade toast, choose from rye, soda or sourdough

JUST TOAST (V) £4.50

Choose from rye or sourdough toast, vegan or dairy butter, with fruit jams, peanut butter, marmalade or local honey

Lunches

12pm to 2pm

HOMEMADE SOUP (V) £7.50

A bowl of goodness, served with a homemade beetroot roll or bread of your choice. *Please see blackboard for today's choice of soup*

SPINACH PANCAKES (V, GF) £10.50

With a lime and chilli butter, served with three nourishing seasonal salads

QUICHE (GF) £11.00

With a gluten free quinoa and flaxseed base, served with three nourishing seasonal salads. *Please ask for today's quiche choice*

VEGAN QUICHE (V, GF) £10.50

With a gluten free quinoa and flaxseed base, made with soya and tofu.

Served with three nourishing seasonal salads.

Please ask for today's quiche choice

NOURISH BURGER (V, please ask for GF) £11.50

Made with nuts and hempseed. Served on a bed of our house guacamole, topped with caramelised onions, crisp gem lettuce and a vine tomato slice, accompanied by roasted sweet potato wedges, Sriracha mayonnaise and homemade spicy beetroot relish

With a spinach pancake (V) for £11.95

MEZZE (V) £11.00 / two for £18.00

Sweet potato falafel balls, a selection of nourish dips: tahini, beetroot and pomegranate hummus, vegan tzatziki, olive and caper tapenade, chargrilled vegetables and salsa verde.

Served with crunchy crudités and warm herbed flat breads

NOURISH CURRY (V) £10.50

Tofu, black beans, butternut squash, red pepper and broccoli served with homemade cauliflower rice or flatbreads

NOURISH BUDDHA BOWL (V) £10.75

A selection of fresh vibrant vegetables, beetroot and pomegranate hummus, marinated tofu, and homemade pickled red cabbage, served on whole-grains, with tahini or Sriracha mayo dressing

BUTTERNUT SQUASH BRUSCHETTA £9.25

Roasted butternut squash on lightly toasted sourdough bread, topped with melted goat's cheese and chopped walnuts, finished with a light drizzle of local Hitchin honey

TOMATO BRUSCHETTA £9.25

Vine tomatoes and basil on lightly toasted sourdough bread, topped with slices of ripe avocado finished with layers of melted mozzarella cheese

FALAFEL WRAP (V) £8.50

Sweet potato falafel with homemade beetroot hummus and pickled red cabbage salad served in a homemade beetroot wrap

HALLOUMI WRAP £8.50

Grilled halloumi, roasted red peppers, rocket and homemade pesto served in a homemade beetroot wrap

Appetisers

NOCELLARA OLIVES (V) £3.75

EDAMAME (V) £4.00

Warm pods of soya beans served with salt and chilli flakes

HUMMUS (V) £4.80

Beetroot and pomegranate hummus served with flatbread

Sides

Available with breakfast or lunch dishes

SMASHED AVOCADO (V, GF) £2.50

With lime and coriander

SLOW ROASTED TOMATOES (V, GF) £2.00

PORTOBELLO MUSHROOMS (V, GF) £2.50

With chopped parsley and garlic

HOMEMADE BAKED BEANS (V) £2.00

GRILLED HALLOUMI £3.00

MELTED MOZZARELLA £3.00

POACHED EGG £2.00

TEMPEH BACON (V) £3.00

ALLERGIES

If you have a food allergy or intolerance please inform a member of staff before you place your order. The majority of our dishes can be made gluten or lactose free, just ask!

Last food orders at 2pm.

(V) Vegan (GF) Gluten Free