

Welcome to Blueberry Café.

We have sourced natural, organic, fair trade and local produce wherever possible. Our menu, with alternative options such as gluten, wheat or dairy free, includes morning savoury snacks, seasonal meals, home-made cakes, freshly squeezed juices, smoothies, fine rainforest alliance certified coffees and award winning, speciality loose leaf teas.

Our food is freshly cooked or prepared to order so please bear with us if it takes a little longer.

Blueberry Cafe, named after the super-food that can increase the body's natural ability to heal, is the perfect place to nourish the stomach as well as the soul! We use ingredients that allow you to have your cake and eat it!



Local Partners

Where possible we use local suppliers and local produce, supporting independent, family businesses. Some of our partners include:

The Redbournbury Mill – organic wheat grown, milled and baked within 2 miles of the Mill – truly local and able to boast the fewest possible “food miles” – an artisan bread

AK's cakes – based in Luton supplying hand and home made cakes using fresh, local and where possible organic ingredients as well as providing vegan, gluten and nut free products

Jelley's Meats – Karl, our local family butcher in Southdown only sources the finest quality meats from English farmers, our dry cured back bacon comes from Oakleys in Bedfordshire established in 1875 & our free range chicken from farms in Oxfordshire.

ES Hulse Greengrocer – a family business established in St Albans in 1963 who source their produce every morning from New Covent Garden fruit and vegetable markets

Rollings Wine Company - Harpenden's only independent Wine Merchant and Importer pride themselves on delivering quality and value by providing expert advice with an ethos of sourcing good quality wines from around the world. Paul's tasting machine allows customers to try before they buy!

parker&vine supply our tarts which are baked at their new shop in Harpenden; they also sell stunning salads & cakes prepared by local chef, Jane Parker

KEY

- V** Vegetarian
- WF** Wheat Free
- GF** Gluten Free
- DF** Dairy Free
- ♥** Low Fat
- *** Superfood



Red Tractor An independent mark of quality that guarantees the food we buy comes from farms that meet high standards of food safety & hygiene, animal welfare & environmental protection



Rainforest Alliance Certification comprehensively addresses the environment and social economic challenges faced by farmers and their communities. It guarantees a product comes from sustainably managed farms.

We use nuts in our kitchen

Breakfast

served until 11am



proper organic porridge

served with honey or fresh fruit
♥ V *
£3.60

superfood porridge

served with blueberries and toasted seeds ♥ V *
£3.95

muesli

served with semi-skimmed milk and fresh fruit ♥ V
£3.50

granola with yoghurt

served with fresh fruit ♥ V
£3.50

granary toast and butter

served with a choice of jam, marmalade or honey V
£2.70

fresh croissant

baked daily with choice of jam, marmalade or honey V
£2.00

pain au chocolate

£2.20

pain au raisin

£2.40

bacon sandwich

Simple, fresh, local, perfect!
Bread from Redbournbury Mill and dry cured British back bacon, sourced from Jelleys our butcher in Harpenden, it doesn't get much better than this.
£3.95

free range scrambled eggs on toast

£3.95

...with bacon

£4.95

...with smoked salmon

£5.95



Try our Breakfast Power Smoothie

perfect for getting the day firing... Organic muesli, fat free yoghurt, strawberries, honey, semi-skimmed milk finished with a pinch of granola
♥ V *
£3.80

Lunch

Lunch served from 11.00am until 3.30pm. Please order and pay at the bar.




Wraps freshly made to order

chicken, bacon & avocado  £5.50
with spinach, pine nuts & crème fraiche ♥ *

goat's cheese and roasted red peppers £5.10
served with rocket and a balsamic glaze ♥ V

falafel with rocket, hummus and red onion marmalade V DF £5.10

ultimate veg wrap – roasted veg with nut free pesto, feta cheese, spinach and hummus V £4.95

grilled chicken with nut free pesto, roasted red peppers and spinach DF  £5.20

Mediterranean wrap £5.50
halloumi with roasted peppers, aubergine, olives and parsley V




We use free range chicken

Sandwiches


served in low GI wholemeal multi seed bread from Redbournbury Mill
(All sandwiches can be GF WF when served on our GF WF bread)

roast ham with rocket & tomato & choice of mustard ♥ DF £5.50

warm brie & rocket with a red onion marmalade V £5.20

BLT – Jelly's back bacon, rocket, crème fraiche & tomato – a classic!  £5.50

coronation chicken with rocket and tomato DF  £5.50

grilled chicken with rocket, red peppers and mayonnaise DF  £5.50

smoked salmon with spinach, beetroot, crème fraiche & dill (also great as a wrap) ♥ * £6.30

Childrens Sandwiches

available on white or brown bread or plain wrap
Ham, cheese, chicken, jam or Marmite
- please request pickle or garnish if required £3.50

Salads

blueberry and goats cheese £5.50
with spinach & pine nuts and a balsamic dressing ♥ V *

superfood salad £5.90
with rocket, mixed leaves, broccoli, beetroot, edamame beans, red peppers, cherry tomatoes, avocado and quinoa with fresh mint & lemon yoghurt dressing ♥ V * (w/o yoghurt)

quinoa salad with edamame beans, cucumber and avocado with mixed leaves and homemade dressing WF GF DF ♥ V * £5.95

falafel with mixed leaves, hummus, roasted peppers and cherry tomatoes with a mint & yoghurt dressing WF GF ♥ V £5.50

chicken, bacon & avocado £6.50
with mixed leaves and red peppers & homemade dressing WF GF DF *

Greek beet with beetroot, feta cheese, mixed leaves, toasted seeds, cherry tomatoes and olives & homemade dressing WF GF * £5.75

roasted veg with halloumi £6.25
roasted veg marinated in nut free pesto with quinoa, spinach and balsamic dressing WF GF * £6.25

Add a protein upgrade to your salad
chicken, halloumi or falafel extra £1.90
smoked salmon extra £2.20



Seasonal Tarts & Quiches

Locally made by Parker & Vine catering using fresh, local seasonal produce - check our blackboard for today's choices.

£6.50

Served with rocket and cherry tomatoes with balsamic dressing



snacks cakes

Because the occasional treat is good for you!

Please see counter display for today's selection

Carrot cake GF £2.80

Victoria sponge £2.80

Coffee & walnut £2.80

Root cake DF £2.95

Banana, walnut & chocolate chip GF £2.80

Luxury chocolate caramel shortbread £2.50

Almond brownie GF £2.50

Food for thought

Quinoa (pronounced keen-wah)

Unlike wheat or rice, quinoa is a complete protein - containing all eight of the essential amino acids. It has been recognised by the United Nations as a supercrop for its health benefits: packed with dietary fibre, phosphorus, magnesium and iron. It is also gluten-free and easy to digest.

The facts suggest it is close to a perfect ingredient as you can get.

Spinach Not all leaves are created equal, and for such a simple ingredient spinach packs a lot of punch. It is a rich source of omega-3s, folic acid, and lutein, which can help build muscle, reduce the risk of heart disease, stroke and osteoporosis.

SOUPS

ask one of the team what today's soups are, we usually have two choices, served with our locally baked bread from Redbournbury Mill. Most are GF & WF without bread, please ask. GF bread available.

Small Bowl £3.95
Large Bowl £4.80
Extra slice bread/butter 80p

Drinks



Coffees

sourced ethically, roasted locally! Our coffee is specially blended from 5 different countries and is Rainforest Alliance Certified, supporting farmers & workers

	reg 8oz	large 12oz
cappuccino	£2.25	£2.60
flat white	-	£2.60
latte	£2.25	£2.60
macchiato	£2.20	-
double macchiato	£2.50	-
americano	£2.10	£2.45
mocha	£2.40	£2.80
espresso	£1.95	-
double espresso	£2.30	-
hot chocolate	£2.25	£2.60
syrup shot	.60	

Milk Shakes

All £3.50

vanilla, strawberry or a variety of chocolate bars made with low fat ice cream & milk

Wines & Champagne

Mountain Range single serve bottle 187.5ml bottle £4.95

Sauvignon Blanc, Chardonnay, Merlot, Cabernet Sauvignon

Please ask our team for choice of white, red, rosé or Champagne by the bottle (750ml) and Champagne also by half bottle (375ml)



Fresh Juices

freshly squeezed juices apple, orange or carrot	£2.95
calm down apple, ginger and mint	£3.30
ac charger apple, carrot and ginger	£3.30
ultimate detox acai, strawberry, blueberry, ginger, apple and mango	£3.50
energizer pineapple, mango, apple and papaya	£3.50
rise and shine apple, orange and carrot	£3.30
sharpeners grapefruit, ginger, lemon and honey	£3.50
anti-doc apple, cucumber & broccoli	£3.30

Smoothies using fat-free yoghurt

breakfast power smoothie Set yourself up for the day. Muesli, fat free yoghurt, strawberries, honey, semi-skimmed milk finished with a pinch of granola	£3.80
strawberry delight strawberry, peach, apple and papaya	£3.50
pineapple sunset pineapple, mango, apple and papaya	£3.50
coconut crush apple, pineapple and coconut milk	£3.50
raspberry heaven raspberry, blueberry, apple and mango	£3.50
jungle rumble Acai, strawberry, blueberry, apple and mango	£3.80

Why not try...

green reviver curly kale, lemon grass, banana, apple and mango	£3.50
ginger beets beetroot, ginger, pineapple, apple and blueberry	£3.50

tea menu

Our teas are supplied by **we are tea**, an independent supplier who sources only "whole leaf" teas from single estates and blends them in the UK. They have won 41 Gold Stars at the Great Taste Awards and are members of the Ethical Tea Partnership.



blacktea

Black teas owe their colour and depth of flavour to oxidation. They range from robust and malty to subtle and delicate. Our selection includes old favourites with some exotic varieties.

English Breakfast £2.10

Our version of the nation's favourite

Earl Grey £2.20

A true gentleman

Darjeeling 2nd Flush £2.25

The champagne of teas

Bohea Lapsang £2.25

From Eastern China, fired over wood chippings to produce a fine, light smokiness

whitetea

White teas are made from the first buds and leaf tips that emerge from the tea plant. They contain almost no caffeine and are reputed to contain more antioxidants than any other tea.

Jasmine Silver Needle £2.95

The subtleness of the jasmine is a real treat, at any time of the day

greentea

Green teas are made from some of the first buds and leaf tips emerging from the tea plant and are low in caffeine and high in antioxidants. Fresh, light and full of goodness

Gunpowder Supreme £2.20

An early spring tea which provides a deliciously sweet and satisfying cup

Moroccan Mint £2.20

This exceptional blend of Moroccan Mint tea is refreshing, reviving and inspiring. The hint of mint cools the palate while the green tea warms the soul. Marrakech in a cup

oolongtea

Oolong teas sit somewhere between un-oxidised green teas and fully oxidised black teas and for many offer the perfect balance between freshness and flavour.

Yellow Gold Oolong £2.50

Golden yellow sunshine in a cup. Moreishly sweet and honey-like; no matter how often you drink this, your first cup of the day will always be greeted with excitement and anticipation

infusiontea

Infusions are not actually derived from the tea plant but they are delicious and we simply had to include them in our range. All are caffeine free.

Peppermint £2.15 Leaf

Striking and strong this peppermint tea infusion cleans your palate and aids digestion

Superberry £2.15

Bright and beautiful with a superb fruity flavour

Whole Chamomile Flowers £2.15

Grown on the Egyptian plains, the epitome of fragrant, summery elegance

Roibos £2.15

A South African wonder herb, high in anti-oxidants

supertea

Our Superteas are designed to help you deal with modern-day life. Each unique blend is specially designed to perk you up or chill you out. They include our teas and infusions combined with other natural ingredients.

Daintea £2.50

The slimming tea with yerba mate

Puritea £2.50

The detoxifying tea with rooibos, fennel and liquorice

Activitea £2.50

A little bundle of energy in a cup

Immunita £2.50

Like wearing a germ-repellant overcoat

we are tea

www.wearatea.com