



Totally free Wi Fi Zone
No password required



Post your feedback
on our Facebook page



Illustrations by
Pamela Storey Johnson

www.pamelastoreyjohnson.com

Please visit Blueberry Café to see
an exhibition of her beautiful work

Blueberry Café at Breathing Space
2 Thompsons Close, Harpenden, Herts AL5 4ES
T: 01582 462223 www.breathingspacespa.co.uk

DAY SPA
HAND, FOOT
& BEAUTY

FITNESS
& CLASS
STUDIO

BODYWISE
THERAPIES

BLUEBERRY
CAFÉ



WINTER MENU 2011



HEALTH STARTS WITH ATTITUDE

Opening Times

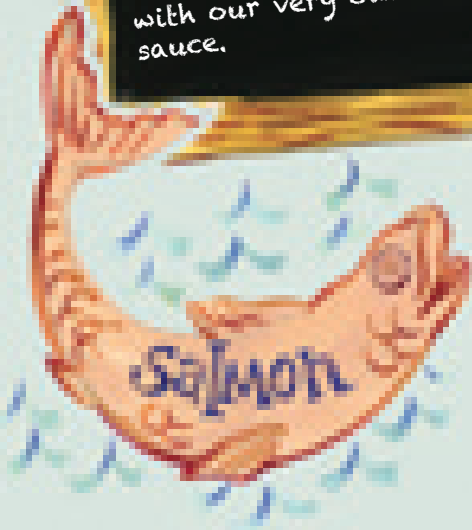
Mon – Fri 8.30am – 6pm
Sat 9am – 6pm



Welcome to our winter 2011/2012 menu. As always we've kept a few of our (and your) favourites, as well as adding a few new creations to the menu that we hope you will love.

As the nights draw in we all look to hearty and warming meals to get us through the cold season. We have some great additions since last year with my favourite being our spicy lamb pie with chickpeas and chorizo, the lovely thin pasty packed with top quality ingredients is delicious. Or if you do want something a little lighter our new chili chicken wrap is made with our very own homemade chili sauce.

Since opening we have tried to put together a menu that focuses on taste, nutrition and compliments the philosophies of the spa and studios we are a part of, this is why we emphasise fresh and natural ingredients to help you make informed choices about what you eat. We would really appreciate any feedback, ideas (or criticisms) in our quest to continuously improve, please talk to us or email at blueberryjoe@breathingspacespa.co.uk
Joe



KEY

Vegetarian
Wheat Free
Gluten Free
Diary Free
Low Fat
Superfood

V
WF
GF
DF
♥
*



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

Get your oats every day... and you'll glow with satisfaction. We mix the finest porridge oats with hearty jumbo oats to give you the perfect combination of creaminess and texture. Hedonists can add honey or fresh fruit (additional 50p) for a decadent experience.

WF ♥ V *
£2.40

granola with low fat yoghurt

Served with fresh fruit ♥ V
£2.60



hot toast and butter

served with honey or a choice of jams & marmalades from the "Pickled Village"

£1.75

fresh croissant

baked daily

£1.50

...with choice of jam, marmalade or honey

£1.80

free range bacon sandwich

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

£2.95

Redbournbury Mill

Organic wheat grown, milled and baked within 2 miles of the Mill - truly local & able to boast the fewest possible "food miles" - an artisan bread!

free range scrambled eggs on toast

£2.95

...with bacon

£3.95

...with roast smoked salmon

£4.85



Lunch

served from 11.00am until 4pm



Wraps freshly made to order

chicken, bacon & avocado 🍗 £4.85

with spinach, pine nuts & crème fraiche *

chili chicken wrap 🍗 £4.75

made with our own homemade sauce with cucumber red peppers and salad. ♥

roast smoked salmon £5.25

and horseradish dressing with cucumber, shredded beetroot & spinach ♥

avocado & sunblush tomato £3.95

with mixed leaves & hummus ♥♥*

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)

Classic roast ham with Dijon mustard 🍗 £4.65

with rocket & tomato

warm brie & rocket £4.75

with "red rapsallion" – a chilli & red onion marmalade from the Pickled Village

BLT 🍗 £4.85

Jelley's Meat's back bacon, rocket, crème fraiche & tomato – a classic!

Grilled chicken salad sandwich £4.85

With mixed leaves and tomato, available either with mayonnaise or a slightly spicy tomato relish

Salads

blueberry and goat's cheese £4.95

with spinach & pinenuts and an olive oil & balsamic dressing V WF GF *

Brilliant with
roast smoked salmon extra £1.90

superfood salad £4.95

with quinoa, rocket, red cabbage, cucumber, broad beans, peas, red peppers, tomato and avocado with fresh mint & lemon yoghurt dressing WF GF DF (w/o yoghurt) ♥*

Goes great with **extra chicken** 🍗 extra £1.30

winter power salad £4.95

beetroot, creamy feta, sunblush tomato, alfalfa, red cabbage, toasted seeds served with a herb dressing V *

Add a protein upgrade to your salad

chicken 🍗 extra £1.30

or **roast smoked salmon** extra £1.90

Please order and pay at the bar



Pies & Tarts

delicate thin shortcrust pies and tarts, served with a salad of mixed leaves, red cabbage, cucumber, red pepper and spring onion with a light dressing

spicy lamb with chickpeas & chorizo £5.95

An award winning pie, based on a Moroccan theme using the best chorizo

butternut squash, mixed bean and cheese £5.95

Butternut squash & bean is a great addition for the veggies amongst us. Chunky butternut squash, vegetarian chilli with red kidney beans and tomato and mature cheddar cheese V

ham hock and pea pie £5.95

Slow cooked ham hock braised overnight for a beautifully soft and succulent ham. A classic combination to warm you up on a cold winters day.

spinach and three cheese tart £5.95

With pesto and sage. Delicious. V



Because the occasional treat is good for you!



chocolate fudge cake, lemon polenta (WF GF), carrot cake & seasonal specials £2.25

chocolate brownies £1.95

with walnuts GF WF

luxury chocolate caramel shortbread £1.95

flapjacks £1.95

check out the range from original to blueberry, stone baked & home made from the Village Flapjack Company in Redbourn



Our cakes are handmade by Johnny at The Pudding Stop using ingredients from local farms where possible & baked with traditional techniques in a proper old fashioned bakery in Redbourn.

Food for thought

Beetroot

(loved by so many for its great taste) are high in nitrate which can significantly lower blood pressure and stop blood clots. Its lovely colour not only makes it look great, but comes from betacyanin, an anti-oxidant that can reduce the risks of heart attack or strokes.

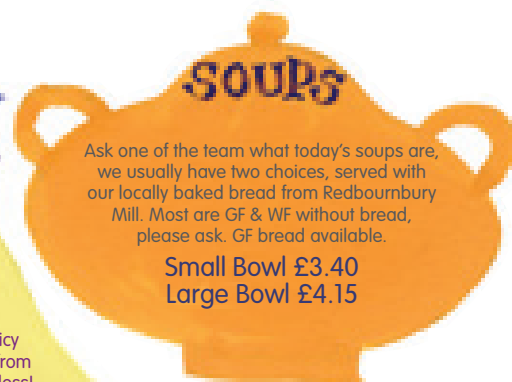
Try roast smoked salmon wrap or winter power salad.

Chilis Long have they been linked to medicinal benefits throughout Asia. They are high in vitamins and they get their spicy flavour from capsaicin which is linked to many health benefits from lowering blood sugar, increasing circulation and even weight loss!

Try our new chili chicken wrap.

Oats A great way to start your day, oats are high in omega-3 fatty acids, folate, and potassium all will help keep your arteries clear.

Try our proper organic porridge.



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 £3.40

Large Bowl £4.15

Drinks

Look out for our Monthly Specialitea! Chosen by our Award Winning Suppliers, Tea (www.wearetea.com)

Teas

a range of the very best loose leaf teas, ethically sourced and natural, containing whole herbs, whole berries and whole flowers! Our teas are brewed to perfection & brought to you ready to drink - no mess & no tea bag!

BLACK TEA - owe their colour and depth of flavour to oxidation. Range from robust and malty to subtle and delicate.

English Breakfast the nation's favourite ★	£1.85
Earl Grey Supreme ★★ bergamot-scented Ceylon sprinkled with cornflowers	£1.95
Darjeeling 2nd Flush the perfect afternoon tea ★★★	£1.95
Bohea Lapsang James Bond in a cup: smooth & sophisticated	£2.20

GREEN TEA - made from the first buds and leaf tips emerging from the tea plant, low in caffeine and high in anti-oxidants.

Organic Gunpowder Supreme ★ £2.10
an early spring tea delivering a deliciously sweet and satisfying cup

OOLONG TEA - semi-oxidised & mainly grown in China & Taiwan
Yellow Gold Oolong £2.50
Moorishly sweet and honey-like, greet the day with excitement and anticipation

WHITE TEA - contain almost no caffeine
Jasmine Silver Needle ★★★ £2.95
the subtleness of the jasmine is a real treat at any time of day

INFUSION TEA
Peppermint Leaf ★★ £1.95
striking and strong, this infusion cleans your palate and aids digestion

Whole Chamomile Flowers £1.95
fragrant and elegant, a calming and soothing blend

Berry real berries with a unique, punchy taste £1.95

Caffeine Free £1.95
organic rooibos -high in anti-oxidants, a great combination of health & flavour

Most of our award winning teas are available in loose leaf tea bags to take home - quality meets convenience!
From £3.95 please ask for more information

Coffees

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

	reg 8oz	large 12oz
cappuccino	£1.95	£2.25
flat white	-	£2.25
latte	£1.95	£2.25
macchiato	£1.75	-
Americano	£1.85	£2.15
double macchiato	£2.05	
mocha	£2.10	£2.40
espresso	£1.65	
hot chocolate	£1.95	£2.25
double espresso	£1.95	
syrop shot	.30	



Bottled Soft Drinks

Luscombe Drinks All £2.60

made in Devon within the historic setting of Domesday Farm using finest quality, fresh ingredients without concentrates, additives, preservatives, colourants, artificial sweeteners & GMOs

Elderflower Bubbly (non alcoholic champagne!!)
Sicilian Lemonade • **St Clements** • **Hot Ginger Beer**

Fentimans All £2.20

botanically brewed, a simple process involving herbs & plant roots

Curiosity Cola • **Dandelion & Burdock** • **Rose Lemonade**

KEY to TEA



- ★ Close to perfect
- ★★ Faultless
- ★★★ You must taste this



Milk Shakes

All £2.95

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

Smoothies

using fat-free yoghurt

Breakfast Power Smoothie £3.30

Set yourself up for the day. Organic muesli, fat free yoghurt, strawberries, peach, papaya, honey, semi-skimmed milk finished with a pinch of granola.

strawberry delight £3.15

strawberry, peach, apple and papaya

pineapple sunset £3.15

pineapple, mango, apple and papaya

mango dream £3.15

mango, apple and pear

jungle juice £3.15

acai, strawberry, blueberry, apple and mango

Fresh Juices

apple, orange or carrot £2.35

calm down £2.95

apple, ginger and mint

ac charger £2.95

apple, carrot and ginger

ultimate detox £3.15

acai, strawberry, blueberry, ginger, apple and mango

energizer £3.15

pineapple, mango, apple and papaya

uplift £2.95

apple, carrot and lime

Wines, Champagne & Beers

White Wine

	175 ml glass	250ml glass	bottle
El Muro Blanco	£3.30	£4.30	£11.95
Pinot Grigio	£4.10	£5.60	£15.95
Spy Valley Sauvignon Blanc	£4.60	£6.10	£17.95

Rose

Pino Grigio Blush	£4.25	£5.80	£15.95
--------------------------	-------	-------	--------

Red

El Muro Tinto	£3.30	£4.30	£11.95
Alto Baja Merlot	£3.50	£4.60	£13.95

Sparkling/Champagne

Freixenet Carta Nevada Reserva		half bottle	bottle
Freixenet Carta Nevada Rosado (Rosé)			£19.95
De Castellane Brut Champagne		£22.95	£21.95
			£40.00

Beer and Cider

Meantime Organic Lager Pilsner ABV 4.7%	33cl bottle	£3.60
Meantime Pale Ale ABV 4.3%	33cl bottle	£3.60
Sierra Nevada Pale Ale ABV 5.5%	35cl bottle	£3.50
Luscombe Organic Cider ABV 4.9%	33cl bottle	£3.50

