

Sample "Soil to Gut" Menu - Omnivorous

This is just to give you a flavour of our offering. Meals will vary in response to what is fresh and best at the time. The food we serve is simple, hyper-local and nutrient-dense. Most is home-grown on our regenerative farm or wild-foraged on our land. We aim to source 80% of produce from within 42 miles.

BREAKFAST

yogurt, granola, local sourdough and mixed breads with home-grown fruit spreads, fruit bowl.

hot pancakes with home-made maple chocolate sauce, syrup, or apple and cinnamon compote.

local organic fruit juice

LUNCH

miso broth bowl with local organic chicken strips, wilted greens, vegetable strips and shiitake mushroom served with black, wild rice

vegetarian: with egg strips

vegan: with deeply delicious, smokey, marinated mushroom

DINNER

seasonal rich and creamy vegetable curry with buckwheat flat bread and rice, served with home-grown mint raita and home-made chutney

SWEET THINGS

42 Acres hippie 'snickers' bars with homegrown wild nettle seed, hemp and pendulous sedge nougat

We cater for ethical choices and allergies on request.



snacks available too!

Sample "Soil to Gut" Menu - Omnivorous

This is just to give you a flavour of our offering.
Meals will vary in response to what is fresh and best at the time.
The food we serve is simple, hyper-local and nutrient-dense.
Most is home-grown on our regenerative farm or wild-foraged on our land. We aim to source 80% of produce from within 42 miles.

BREAKFAST

yogurt, granola, local sourdough and mixed breads with
home-grown fruit spreads, fruit bowl.

smoked, local chalk-stream farm trout on a bed of nettles,
sourdough toast and an organic poached egg or marinated tempeh.
drizzled with home-made Hollandaise

LUNCH

French onion soup
with hard local goats cheese croutons and 42 house salad
wild-tended nettle cake with macadamia nut frosting

DINNER

cauliflower pastry hot pots, with beef or venison
in local biodynamic red wine gravy
served with roasted veggies and new potatoes

veggie/vegan: Berlotti bean hot pot

SWEET THINGS

home-grown rhubarb crumble with home-made fro-yo
"hug in a mug" - medicinal mushroom Turkey Tail hot chai

We cater for
ethical choices
and allergies
on request.



snacks
available too!