

JERMS

IT ALL STARTS WITH THE GUT

BRUNCH

BUTTERED WILD MUSHROOMS ON SOURDOUGH

Wild mushrooms / rosemary / garlic / toasted sourdough / parsley / Lion's Mane dust

8

BREAKFAST BURRITO

Avocado / brown rice / black beans / pico de gallo / I am nut ok cheese /
wholewheat wrap / fermented jalapeno

11

JERMS BURGER

Served with crispy sweet potato ribbons

10

MATCHA LATTE PANCAKES

Homemade caramel sauce / banana

10

BLUE FRENCH TOAST

Maple syrup / wild berries / Blue Spirulina

8.5

FUNCTIONAL GRANOLA BOWL

JERMS functional granola / seasonal fruit

6.5

OUR FOOD PHILOSOPHY

Our diet has a huge impact on our gut health - research shows that eating a wide variety of plant based foods makes for a more diverse and healthy gut microbiome. That's why our plant based menu is free from artificial ingredients and only features high quality whole foods. We also try to source local where possible and do our best to reduce waste.

OUR KITCHEN IS NUTS

Please be aware that our dishes are made by hand in a kitchen where nuts and allergens are present, therefore we cannot guarantee that any dishes or drinks will be free from trace ingredients. Please inform a member of staff of any allergies or intolerances.



scan to filter our menu
by dietary restriction