



SIP . SHOP . SHARE

Head Room Café is a social enterprise opened by Jami, the mental health service for the community. The café is intended as a relaxing space to share a time out, thoughts and feelings in a comfortable environment. It brings awareness and access to mental health support, to the heart of the community. All the events and groups on the Wellbeing Menu are free of charge and everyone is welcome to the café, a fuelling-stop for the body and mind.



Sip your coffee or luxury hot chocolate at your leisure before ordering from our fresh, seasonal menu of fantastic food



Shop from our ever-changing range of donated goods, from unique vintage and designer pieces to new gifts to make someone feel appreciated.

You can drop off your donated items at the shop too



Share your thoughts with friends through one of the learning sessions or with one of our Heads Up Workers

Look out for and feel free to chat to one of our Heads Up Workers or take part in one of our events detailed on the back of this menu.

A SOCIAL ENTERPRISE FROM



The Mental Health Service for our Community

SUPPORTED BY



THE MAURICE WOHL CHARITABLE FOUNDATION

# Café Menu

## Hot drinks

Matcha cappuccino	£3.50
Coconut, rose water & nuts sahlev	£3.50
Chai Latte	£3.50
Espresso / Double espresso	£2.00 / £2.50
Americano / Flat white	£2.50
Macchiato / Double macchiato	£2.00 / £2.50
Cappuccino / Large cappuccino	£2.50 / £3.00
Latte / Large latte	£2.50 / £3.00
Hot chocolate	£3.00
Add flavours: vanilla/caramel/hazelnut/Irish cream/ almond/whipped cream	£0.50
Babyccino	£2.00
English tea	£2.00
Lemon tea	£2.00
Lemon & ginger tea	£2.00
Fresh mint tea	£2.00
Green tea	£2.50
Fruit & Herbal tea	£2.50
Lemongrass & Ginger / Blackcurrant & Hibiscus / Pink Rosebuds / Peppermint / Chamomile	

## Cold drinks

Homemade Limonana	£4.00
Cold coffee	£2.50
Iced coffee	£4.50
Ice chocolate	£4.50
Matcha, mint & almond milk Iced tea	£4.50
Still / sparkling water	£2.50 / £3.50
Coke / Diet Coke / Sprite	£2.50

## Freshly squeezed juices

Orange and carrot juice	£3.50
Beets, carrot, ginger and celery juice	£3.50
Carrot juice	£3.50
Orange juice	£3.50
Pomegranate juice	£4.00

Decaf, soya milk & almond milk is available upon request

## Smoothies

Kale, banana, mango & lemongrass	£4.50
Avocado, spinach, spirulina, basil, apple & lime	£4.50
Carrot, goji berry, papaya & pineapple	£4.50
Cherry, strawberry, blueberry, fig & flax seed	£4.50
Peach, papaya, passion fruit, pineapple, guava & aloe vera	£4.50
Acai, strawberry, blueberry & mango	£4.50

## Dirty hot chocolates

Chocolate, creamy sandwich cookies, marshmallow & chocolate sauce	£4.50
White chocolate, almonds, dulce de leche, creamy cookie & popcorn	£4.50
Peanut butter, Smarties & salted pretzel	£4.50
White chocolate, chocolate chips & marshmallows	£4.50

## Messy milkshakes

Chocolate, creamy sandwich cookies, marshmallow & chocolate sauce	£4.50
White chocolate, almonds, dulce de leche, creamy cookie & popcorn	£4.50
Peanut butter, Smarties & salted pretzel	£4.50
White chocolate, chocolate chips & marshmallows	£4.50

## Sweets

Messy hot chocolate fondant with ice cream and marshmallow	£5.50
---	-------

## Ice cream

Homemade selection of ice cream ask our staff for flavours available	£2.50 a scoop
---	---------------

10% of turnover from the Head Room Café and 100% of sales from the boutique goes to Jami.

Jami is a registered charity. Charity no.1003345. A Company Limited by Guarantee 2618170.

# Wellbeing Menu

## Tuesday

**CommuniTea**  
3.00 – 4.30pm

Drop by for a cuppa and an informal conversation to find out more about Head Room Café and how you can get involved. A great chance to meet new people and help build our community.

## Wednesday

**Heads Up Drop In**  
4.00 – 5.00pm

Have a chat with our Heads Up Worker to find out more about the café, mental health and local resources.

## Thursday

**Community Conversations**  
6.15 – 7.30pm

Join our lively discussion group which is inspired by the French café-débat. The group decides what to discuss, facilitated by a member of the Head Room team.

## Friday

**Heads Up Drop In**  
12.00 – 1.00pm

Have a chat with our Heads Up Worker to find out more about the café, mental health and local resources.

**We also run additional monthly wellbeing events. To find out more, please take a copy of our full wellbeing menu available in the café (ask our staff for more details), or check out our Facebook page for the very latest information.**



# Food Menu

## Breakfast • Brunch 8am – 4pm

Avocado, feta on toasted French sourdough	£7.50
Scrambled eggs on French sourdough with tomatoes, olives & feta	£8.50
Avocado, haloumi and tomato salad on French sourdough	£8.50
Mushrooms, herbs and cheese omelette with chips & salad	£9.50
Poached egg with sautéed greens, feta & seeds on French sourdough	£9.50
Scrambled egg smoked salmon & avocado on French sourdough	£10.00
Full veggie English with sausage, fried egg, tomato, mushrooms, beans, chips & challah	£11.00
Copper pan shakshuka with sehug, tahini & challah	£10.00
Market burekas with tahini, salad, eggs, grated tomatoes, sehug & olives	£10.00
Pancake with strawberry, banana, cookies, whipped cream & maple syrup	£8.50
Organic porridge with rice milk, mixed seeds, fruit compiture & mixed nuts	£7.50

## Lunch • Dinner

Soup of the day with French sourdough	£5.00
Linguini with smoked salmon, cream and garden peas	£10.00
Grilled salmon with sautéed green vegetables	£13.50
Battered haddock, chips & curry aioli	£12.50
Haloumi burger with tomato, avocado, mushroom, pickles, sweet chilli salsa & chips	£11.00
Fish burger with battered haddock, tomato, pickles, lettuce, curry mayo & chips	£12.50
Gnocchi with mushrooms and cream	£11.00
Head Room salad – lettuce, tomato, cucumber, mini radish, onion, feta, zaatar and sumac	£10.00
Jerusalem salad – cucumber, tomato, parsley, radish, onion, mint, croutons, chickpeas and tahini	£10.00
Haloumi salad – lettuce, onion, roasted tomatoes, peppers, carrots, fried mushroom, haloumi and fried egg	£12.00
Grilled salmon teriaky and quinoa salad with super green vegetables	£12.50
Panko seared tuna nicoise with lettuce, cucumber, radish, tomato, onion, potatoes and olives	£12.50

## Kids

Scrambled egg on toast	£5.50
Falafel with broccoli, peas & tahini	£5.50
Cheese & Tomato toast	£5.50
Spaghetti & cheese	£5.50

## Small plates

Seared haloumi, tomato and sumac bruschetta	£6.00
Crispy golden cauliflower with tahini, tomato seeds & smoked chilli	£6.00
Burnt aubergine sabich with tomato, potatoes, egg & tahini	£6.50
Hummus masabacha with falafel, olive oil, tahini and sumac	£9.00
Panko seared tuna	£7.50
Salmon teriyaki skewers	£7.00
Fries	£4.00
Sweet potato fries	£5.00
Sautéed green pak choi, asparagus, greens, chilli & garlic	£5.00

## Sourdough toasties

Roasted mushrooms, cheddar, mustard, honey & thyme	£6.50
Roasted vegetables & cheddar	£6.50
Cheese & tomato	£6.50
Tuna Melt	£6.50

# Alcohol

## Bottled Beers

Brewdog Dead Pony	£5.00
Camden Hells Lager	£5.00

## Wines

	Glass / Bottle
<b>Red Wine</b>	
Recanati Yasmin Red	£6.00 / £22.00
Recanati Shiraz	£23.00
Chateau Guilbeau	£25.00
<b>White Wine</b>	
Recanati Yasmin	£6.00 / £22.00
Chardonnay Les Floreales	£20.00

## Cocktails

Aperol spritz	£6.50
Hot spiced sangria	£7.00
Gin & tonic	£7.00
Mojito	£7.50
Lemonana – Vodka, crushed ice, mint & lemon	£7.50