

More than a café,  a place to connect.

HEAD ROOM

by Jami

Head Room is a social enterprise café by mental health charity Jami, where we offer so much more than just coffee and great food. Our free daily groups and activities provide mental health support and education to everyone, improving mental health, raising awareness and creating connection throughout our community.

All day brunch



Eggs on toast • scrambled/ poached/ fried	7.5
Eggs Royale • Poached eggs with smoked salmon & avocado on sourdough toast with hollandaise sauce	14.5
Smashed avocado toast • Avocado, poached eggs & roasted peppers on sourdough toast	12.5
Poached eggs with greens • Two perfectly poached eggs with sautéed greens & feta on sourdough toast	13
Shakshuka • Slow cooked Shakshuka with tahini served with sourdough toast	14
Classic omelette • Served with chips & salad	10
Toppings - £1 each <i>cheese, mushrooms, tomato</i>	
Smoothie bowl • Greek yoghurt, granola, banana, seasonal berries, crushed nuts, chia seeds & maple syrup	11
Porridge • Creamy porridge with fruit and nuts <small>Alternative milk available upon request - 0.5</small>	8.5
Pancakes • Fluffy pancakes topped with maple syrup & served with fruit ✓	12
Soup of the day • Served with freshly baked bread	7
Crispy cauliflower • Cooked until golden & crispy, dressed with tahini, tomato salad & rocket ✓	7.5

Mains



Salad Niçoise • Tuna, anchovies, lettuce, egg, olives, red onion, tomatoes & croutons, with homemade vinaigrette dressing	15
Smoked salmon salad • Smoked salmon, avocado, rocket, capers, pomegranate seeds & fresh dill with homemade honey mustard dressing & freshly baked bread on the side	16.5
Nourish bowl • Avocado, grilled red pepper, spiced chickpeas, green beans, sweet potato, bulgar wheat & homemade hummus, with homemade vinegarett dressing & freshly baked bread on the side ✓	14.5
Teriyaki salmon • Grilled teriyaki salmon with rice & salad	18.5
Curry • Chickpea & lentil curry served with rice ✓	14.5
Israeli pita • Pita bread served with homemade hummus, falafel & Israeli salad ✓	9.5

Sides

Chips	5
Steamed greens ✓	6.5
Falafel ✓	6

Extras

Bread with butter & jam	2.5
<small>(Gluten free available)</small>	
Avocado	2.5
Feta or Halloumi	3

Coffee



Espresso	2.2/2.6
Latte	3.2/3.6
Cappuccino	3.2/3.6
Flat white	3.2
Macchiato	3.2/3.6
Americano	3/3.2*
Babyccino	2
Mocha	3.9
Matcha latte	3.9
Hot chocolate	3.8

Oat, soya and almond milk are available upon request - £0.5

Tea

English breakfast	2.9
Jasmine green	2.9
Fresh mint	2.9
Chamomile	2.9
Lemon and ginger	2.9
Green tea	2.9

*with milk

Iced coffee

Frappuccino	4.3
Iced americano	3.2/3.5*
<small>Flavoured syrup £1 per shot</small>	

Cold drinks

Fresh orange juice	4
Coke/Diet coke	2.5
Sprite	3
Apple juice	2.9
Sparkling water	3
Still water	3

Smoothies & milkshakes



Strawberry Sunshine strawberry, mango and banana	5.5
Tropical Crush passion fruit, mango, papaya and pineapple	5.5
Peachy Green mango, peach, broccoli, kale and kiwi	5.5
Milkshake vanilla/chocolate	5.5

Pizza



Margherita • mozzarella & tomato sauce ✓	12.5
Marinara • tomato sauce, no cheese	9
Toppings <i>Feta, Tuna - £2 each</i> <i>Mushrooms, Olives, Jalapenos - £1 each</i>	

Pastries and cakes



Mini croissants	1.2
Daily selection of freshly baked cakes and brownies	3.5

Purchase an extra cup of coffee or meal for someone who needs it.



For more information about Jami's community programme and how to book, visit:

headroomcafe.org
020 3301 0274

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