

More than a café,  a place to connect.

# HEAD ROOM

by Jami

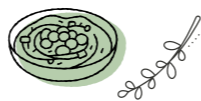
Head Room is a social enterprise café by mental health charity Jami, where we offer so much more than just coffee and great food. Our free daily groups and activities provide mental health support and education to everyone, improving mental health, raising awareness and creating connection throughout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

## All day brunch



<b>Eggs on toast</b> • scrambled/ poached/ fried	8
<b>Eggs Royale</b> • Poached eggs with smoked salmon & avocado on sourdough toast with hollandaise sauce	14.5
<b>Smashed avocado toast</b> • Avocado, poached eggs & roasted peppers on sourdough toast	12.5
<b>Poached eggs with greens</b> • Two perfectly poached eggs with sautéed greens & feta on sourdough toast	13
<b>Shakshuka</b> • Slow cooked Shakshuka with tahini served with challah Toppings - £1 feta	14.5
<b>Classic omelette</b> • Served with chips & salad Toppings - £1 each <i>cheese, mushrooms, tomato, spinach</i>	11
<b>Breakfast bowl</b> • Yoghurt, granola, banana, seasonal berries, crushed nuts, chia seeds & maple syrup	11
<b>Pancakes</b> • Fluffy pancakes topped with maple syrup & served with fruit ✓	12
<b>Soup of the day</b> • Served with freshly baked bread ✓	7
<b>Crispy cauliflower</b> • Cooked until golden & crispy, dressed with tahini, tomato salad & rocket ✓	7.5

## Mains



<b>Salad Niçoise</b> • Tuna, anchovies, lettuce, egg, olives, red onion, tomatoes & croutons, with homemade vinaigrette dressing	15
<b>Smoked salmon salad</b> • Avocado, rocket, capers, pomegranate seeds & fresh dill with homemade honey mustard dressing & freshly baked bread on the side	16.5
<b>Nourish bowl</b> • Avocado, grilled red pepper, spiced chickpeas, green beans, sweet potato, bulgur wheat & homemade hummus, with homemade vinaigrette dressing & freshly baked bread on the side ✓	14.5
<b>Grilled aubergine</b> • Maple glazed aubergine on a spinach, pea, chickpea & chilli bulgur salad ✓	11
<b>Israeli pita</b> • Pita bread served with homemade hummus, falafel & Israeli salad ✓	9.5
<b>Halloumi and pomegranate salad</b> • Grilled halloumi, rocket, walnut & pomegranate salad with honey mustard dressing	15

## Sides

Chips	5
Steamed greens ✓	6.5
Falafel ✓	6
Side salad	3.5

## Extras

Bread with butter & jam	2.5
(Gluten free available)	
Avocado	2.5
Feta or halloumi	3

## Sandwiches



<b>Balsamic halloumi pita</b> • with carrot slaw, red onion, tomatoes & lemon yoghurt dressing	12
<b>Falafel pita</b> • with siracha, tahini, red onion, tomatoes & pickles ✓	9
<b>Lime chickpea cauliflower pita</b> • with red onion, chilli & chipotle yoghurt dressing	11

## Sweet treats



Mini croissants	1.2
Daily selection of freshly baked cakes and brownies	3.5
Affogato	4.5

## 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

## Iced coffee

Blended frappuccino	4.3
Iced latte	3.5

Flavoured syrup £1 per shot

## Tea

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

\*with milk

## Cold drinks

Fresh orange juice	4
Coke/Diet coke	2.5
Sprite	2.5
Apple juice	2.9
Sparkling water	3
Still water	3
Watermelon, mint & lime cooler	4.5
Strawberry & lemon cooler	4.5
Peach iced tea	5

## Smoothies & milkshakes



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

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



[headroomcafe.org](http://headroomcafe.org)  
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Turn over to see what is happening at the café.

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**HEAD  
ROOM**  
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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.

## Head Room is available to hire.

Whether you're planning a celebratory party, special dinner, business meeting or corporate event, Head Room offers flexible packages to suit your needs.



For more information, speak to a member of staff or pick up one of our venue hire brochures.



### Join our community programme

We run daily groups and activities at Head Room and online, offering peer support and social connection to everyone in the community regardless of faith, ethnicity, gender, sexuality or abilities.

A typical week (these are subject to change)

**Monday**  
Art 4 All

**Tuesday**  
Kind Co-Working (online)  
and Coffee & Connect

**Wednesday**  
Writing group

**Thursday**  
Community walking group  
and Community Conversations

**Friday**  
Community Conversations  
and Peer support group (online)

**Sunday**  
Sunday Social



### Looking for some friendly company or a listening ear?

Every day\* at the café we have people you can chat to if you feel like some friendly company. They can be a listening ear or a boardgame buddy – the choice is yours. Our community befrienders will usually have a sign on their table welcoming you for a chat. If you can't find them, simply ask one of our staff and they will point you in the right direction.

\*Times vary



### Help to make an impact

*"Jami's Compeer Befriending programme is such an accessible way to make a really meaningful impact on someone's life in a way that's truly rewarding."*

– Josh

We're looking for more people to provide practical support and friendship to those feeling lonely or isolated because of their mental health.

To find out how a weekly call or regular get together could make a huge difference to the life of someone with similar interests to you, email [sophie.chappell@jamiuk.org](mailto:sophie.chappell@jamiuk.org)

To find out which sessions will be running this week, visit [headroomcafe.org/community-programme](https://headroomcafe.org/community-programme)

