

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	8
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 challah	14.5
Toppings - £1 feta	
Classic omelette • Served with chips & salad	11
Toppings - £1 each <i>cheese, mushrooms, tomato, spinach</i>	
Breakfast bowl • Yoghurt, granola, banana, seasonal berries, crushed nuts, chia seeds & maple syrup	11
Vegan strawberry breakfast bowl • Soya yoghurt, granola, nut butter, berries, banana & chia seeds ✓	11
Porridge • Creamy porridge with fruit and nuts	8.5
<small>Alternative milk available upon request - 0.5</small>	
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 • 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 vinaigrette dressing & freshly baked bread on the side ✓	14.5
Grilled aubergine • Maple glazed aubergine on a spinach, pea, chickpea & chilli bulgar salad ✓	11
Israeli pita • Pita bread served with homemade hummus, falafel & Israeli salad ✓	9.5
Halloumi and pomegranate salad • 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
<small>(Gluten free available)</small>	
Avocado	2.5
Feta or halloumi	3

Sandwiches



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

Pastries and cakes



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

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

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*

Flavoured syrup £1 per shot

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

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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