

Lunch Menu

**Please see our specials board for soups & the daily changing dishes.
We're here to help! Talk to any of the "A" team for more information
on ingredients & allergens.*



*Soup of the day**

Served with vegetable crisps & raw bread

Small 3.5 / Large 5 / Soup with salad 7.5

Take out 4 / Aspara-GO deal 5

*Superfood Mixed Salads**

*Plate of all of our freshly made organic salads with raw ranch dressing,
vinagarette or avocado mayo*

Small 6 / Large 9

*Hot special with all the salads**

*Warming bowl of stew inspired by the seasons
(eg. curry/tagine/chilli)*

9.5

*Raw special with superfood salad selection**

*A changing seasonal delight using living food
(eg. cheese tarts/wraps/pizza/tacos)*

9.5



Lunch Menu

Asparagasm Artisan Cheese Board

Selection of our fermented tree-nut cheese with seedy crackers & fruity chutney

Small 7 / Large 10 / Cheese Board with salad 9.5

Cakes

Please see today's selection on the counter, or ask one of the team

Prices from 3 ~ 4.5

The Fabulous Cake Slate

Selection of our raw, sugar free & delicious cakes to share

For 2 people 8 / For 3 people 12



All available to take take away



Made to Order

*All cakes, cheeses, salads & nut mylks can be made to order for you to take home.
Perfect for special occasions, parties & buffets!*

Please give us one week's notice

*For all enquiries & orders please contact
01453 839352 / lauren@asparagasm.com*

Hot Drinks

Pour Over Coffee

Ethiopian Yirgacheffe from artisan Oxfordshire wood-roasted coffee creatives, UE Coffee. A Jasmine Fragrance with succulent peach in this complex cup with the texture & taste of honeydew.

Cold brew coffee served over ice
2.5

Pour over coffee
2.5

Pour over coffee for 3 people
3.5

Pour over coffee for 5 people
4.5

Served black or with home made Nut Mylk



Jeeves & Jericho Teas

Teapot for 2.5

Beautiful loose leaf teas from fair trade and ethical tea-blenders, Jeeves & Jericho.

Detox Tonic
Mojito mint
African Rooibos
Blackcurrant Pop
Red Berry Burst

Girlie Grey
Blooming Ceylon
Spiced Masala Chai
Gunpowder
Japanese Gen Mai Cha Sencha



Soft Drinks

Asparagasm Juices & Smoothies

Drink in & Takeaway

Juices

In 3.5 / Out 3

Skinny dip

celery, pear, fennel, cucumber, lemon, kale

Beetroot Bazaar

beetroot, apple

Immunity

carrot, orange, ginger, tumeric

Supercharge

sweet potato/squash, carrot, tumeric,
lemon, ginger, cinnamon/nutmeg

Smoothies

In 4 / Out 3.5

Forest Greenie

apple, vanilla, chia seeds, avocado,
spirulina, coconut water

Beet It

beetroot, apple, ginger, lemon

Cocoa Alchemy

nut milk, cacao, agave/maple syrup,
vanilla, cinnamon, mesquite

Golden Mylk

orange, cashew, cayenne, cinnamon,
goji berries, maca, tumeric, ginger



From the chiller

Bottle Green Cotswold lemonade
2.5

Bottle Green elderflower presse
2.5

Gingerella
3

Equinox Kombucha
3.7

Spring water still or sparkling
3

Wine & Beer

Wine

Prosecco

WILD THING, Veneto, Italy (vg)
125ml 6 / Bottle 24

Uplifting and gentle bubbles with a soft apple and pear aroma and citrus palate. Wild Thing wines are developed with the Born Free Foundation to benefit conservation and animal welfare projects around the world.

Rosé

GIOL PERLA ROSATO FRIZZANTE, Veneto, Italy
125ml 5.5 / Bottle 22

A glamorous sparkling pink prosecco with flavours of cherry, flowers and soft plum fruits.

White

ASPARAGASM Grenache Blanc, Viognier, Clairette, 2014 (France) (o) (vg) (bio)
125ml 4.5 / 175ml 5.5 / Bottle 22

Deliciously fresh with aromas of honeysuckle and acacia blossom Asparagasm white wine has a full silky palate of ripe peaches with notes of citrus and exotic fruit; fabulously textured and rich.

Red

ASPARAGASM Grenache, Syrah, Carignan, 2013 (France) (o) (v) (bio)
125ml 4.5 / 175ml 5.5 / Bottle 22

Intensely fleshy, generous and full bodied Asparagasm red is backed with ripe mulberry and damson fruit with a heady dash of peppery spice and a long full flavoured finish.



Beer

ASPARAGASM Pale Ale, Chinook & Nelson Sauvignon Hops (4.2% ABV) (o) (v) (wheat free)
Bottle 3.5

Crisp, fruity and refreshing our award-winning Asparagasm pale ale is brewed by Stroud Brewery. Brewed with organic barley hops Asparagasm pale ale may not be suitable for people with intolerance to gluten.

Spirits & Cocktails

Mixed Drinks

FAIR Spirits & Bottle Green Tonics
25ml 5.5 / 50ml 6.5



House Cocktails

Goji Royale

Wild Thing prosecco laced with FAIR goji berry liqueur
6

Pina-Kale-Ada

Vodka, cold pressed kale, coconut water, cold pressed pineapple, lemon
6

Raspberry Mule

Vodka, muddled raspberries, lime, gingerella
6

Green Park

Gin, basil, cold pressed pineapple, lemon
6

Kaletini

Vodka, greens
6

Espresso Martini

Vodka, FAIR coffee liqueur, coffee
6



Digestif

Naileys (Asparagasm's vegan 'Baileys!')

Homemade cold brew, almond mylk, FAIR coffee Liqueur
6

Please ask at the bar for our full range of spirits