



Asparagasm

Nailsworth

Sample Menu

All Organic, Vegan, Handmade & Delicious
Free from Refined Sugars, Gluten & Soy



MORNING MEALS

Served from 10 - 11:30

TEA CUP SUNDAE

Cultured Cashew Yoghurt,
Seasonal Fruit & Granola

AVO ON TOAST

Seedy Bread & Smashed
Avo with Greenery

UPCOMING EVENTS

Please check
website for
latest events

Please talk to us about ideas for
private events and workshops.
Anything is possible!

SOUP

Small: 3.5 / Large: 5
Small with Salad: 7.5

Add Bread of the Week &
Cultured Butter
1.5

SALADS

Small: 6 / Large: 9

With everything you see in
today's selection

Add
Gluten-Free Bread
Nut Cultured Cheese
Seasonal Ferments
(all homemade)
1.5



SPECIAL SALADS

All of the daily salads with additions
10.5

BOTANIST BOWL

Super Salad with a Cultured Cashew Swirl, Herb
Pesto, Fennel Pickle & Herb Granola
smothered in lip-smacking Green Vinaigrette
& Green Crackers

INDIAN SUMMER SALAD

A golden bowl of goodness laced with Roasted Sweet
Potato, Curried Coconut, Tangy Raita, Ginger
Pickle & a Sesame Oil

HARVEST MEZZE

A bountiful salad slate with Creamy Hummus,
Chilli Jam, Roasted Chickpeas, Homemade
Sauerkraut, Seasonal 'Crispbreads' & delicious
Tabini Dressing.



SIDES { Price: 3 }

Activated Nuts | Vegetable Crisps | Smokernut |
Crackers | Kimchi | Sauerkraut

RAW DESSERTS

4.5

RADIANT ROCKY ROAD

Chia, Pumpkin & Coconut enrobed in Cacao
with Avocado Frosting

FLAPJACK SPECIALS

Salted Caramel/ Chocolate / Fruity Tooty

SEASONAL CUPCAKES

Crisp Pastry filled with Caramels/Jams/Creams

CHEESECAKE OF THE WEEK

Crumbly 'Biscuit' base with a Creamy Cashew top

WARRIOR BALLS

Almond, Coconut & Chai Spices
2.5



THE FABULOUS CAKE SLATE

A creative selection of our raw, refined sugar-free
& delicious sweet treats to share

For two people: 8 / For three people: 12

ASPARAGASM'S ARTISAN CHEESE

Ploughman's selection of our Cashew Cheeses,
Chutney & Crackers

Small: 7 / With salad: 9 / Large: 10
Cheese to go: priced by weight

Everything is available to Take Away with an
ASPARA-GO deal of Kombucha & a Salad to go

£10

PHILOSOPHY

Asparagasm's menu is inspired by the season and changes regularly, always full of nutritious plant-based goodness. We have always been about being inclusive for vegans, vegetarians, the v-curious and everyone. In fact, all food intolerances can be accommodated on request. It's a funky eaters club – without prejudice.

Drinks

SUMMER DRINKS

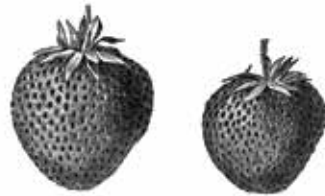
FOREST GREEN JUICE
Pure green goodness
3.5

SEASONAL SPECIALS
Please see board for today's creation
4



ASPARAGASM'S OWN KOMBUCHA
Kombucha is a naturally fermented,
chilled green tea
2.5

We make our own seasonal flavours!
Please ask the team for today's selection



ELDERBROOK CORDIALS
Natural cordials made with fruit,
coconut nectar & superfoods
2.5

Blood Orange, Carrot & Maca

Lime, Mint & Baobab

Blackcurrant, Blackberry & Mulberry

served: hot / still / sparkling

IN THE CHILLER

Sparkling Elderflower

Biona Coconut Water

ChariTea Iced Mate Tea

Gingerella: sparkling ginger

Please check individual prices

HOT DRINKS

ARTISAN COFFEE
Beans from Roundhill Roastery, Bath.
Seasonal harvests, only selecting small lots
from independent growers

AEROPRESS COFFEE
Americano style
2.5

POUR OVER COFFEE
A light and delicate drink
2.5

All Best served black / Also available with
warm homemade Nut Mylk

COLD BREW COFFEE
Cold infusion served over ice
2.5

MORNING GLORY
Blended with coconut
3.75

DANDELION DECAFF
A naturally caffeine free drink
2.5

JEEVES & JERICHO TEAS
Teapot for 2.5

Detox Tonic / Red Berry / African Rooibos
Blackcurrant Pop / Lemon & Ginger
Girlie Grey / Blooming Ceylon
Spiced Masala Chai / Gunpowder Green
Japanese Genmaicha Sencha

Fresh Mint Tea
2.5



SPECIALITY DRINKS

4

MOLTEN HOT CHOCOLATE
Cashew, Cacao, Maple Syrup, Carob,
Vanilla, Cinnamon

TURMERIC LATTE
Nut Mylk, Turmeric, Cinnamon, Vanilla,
Cardamom, Pepper, Dates

MATCHA LATTE
Nut Mylk, Matcha, Vanilla, Agave

MAGIC TEA
An energising tippie of hot Ginger
& Goji Berry



OPENING TIMES

Sunday - Monday: Closed
Tuesday - Saturday: 10am - 5pm

