



GREENHOUSE - GALLERY

Art and environment education charity No. 1037992

A QUIET EATING ZONE (Phones off Please) with GARDEN
WHOLEFOOD SHOP - SECONDHAND BOOKSHOP
AND ENVIRONMENTAL ART GALLERY (1st floor) *

* Gallery times vary see www.Greenhousetrust.co.uk

TUESDAY'S & WEDNESDAYS

ORGANIC VEGAN/VEGETARIAN SOUP CAKES AND DRINKS

THURS, FRIDAYS & SATURDAYS

SOUP PANNINI'S PIES BURGER SALAD CAKES AND DRINKS

Thurs.- Sat. 10am – 4.30pm (5pm Saturday)

PLEASE ORDER AND PAY AT THE COUNTER – PLEASE RING BELL FOR SERVICE

SOUP OF THE DAY - With wholemeal or rye bread or rice cakes. Butter/margarine **£5.75**

VEGGIE BURGER - Fava bean burger in flat bread with salad and tahini dressing ✓ **£5.75**

PANINI - Toasted ciabatta bread with filling - served with seasonal salad

* Cheddar Cheese with red pepper and onion topping (vegan Scheese option available) ✓ **£5.75**

* Mushroom pate with onion

* Tofu sausage with fried onion and tomato ketchup - More a Hot-Dog thing

75p – Select the charity project of your choice to support

SWEET PANINI - Chocolate spread and banana **£4.00**

TOFU QUICHE WITH SALAD - served with grains, vegetables and salad/ ✓ **£8.50**

HOMITY PIE - (GLUTEN FREE) Cheddar cheese, onion and potato pie served with grains, vegetables and seasonal salads. **£8.50**

SALAD BOWL - Fresh seasonal salads and vegetables with wholegrains and pulses May contain nuts/pesto. ✓ **£7.50**

CAKES - SEE DISPLAY CABINET

**Includes: Cookies, Bread Pudding, Ginger, Lemon Drizzle,
Chocolate and Beetroot cake, Medjool date, walnut and Cashew tart**

TAKE AWAY

PANINI - Toasted ciabatta bread with various fillings (<i>no salad</i>)	£4.00
SWEET PANINI - Chocolate spread and banana	£4.00
VEGGIE BURGER - Fava bean burger in flat bread with salad <i>and tahini dressing</i>	£4.00
TOFU & VEGETABLE QUICHE - (<i>no salad</i>) Hot or Cold	£4.00
HOMITY PIE - (<i>GLUTEN FREE</i>) Cheddar cheese, onion and potato pie - (<i>no salad</i>)	£4.00
SOUP OF THE DAY - See board for details	£3.50
BREAD - Rye or Wholemeal	£0.50
SALAD BOX	£5.50

ORGANIC - **DRINKS** - FAIRTRADE

COFFEE

	Machu Pichu	- Peru (strength 4)
	Suma Espresso	- Blend (strength 5)
	Yirgacheffe	- Ethiopian (strength3)
Regular Coffee in a cup	£1.70	
Americano - 1 espresso shot in mug	£1.70	
Espresso -	£1.70	
Double Espresso -	£2.30	
Cappuccino - in a cup	£2.30	
Latte in a mug (single shot)	£2.50	
Flat white (double shot) in a mug	£2.70	
Cafetiere	£3.00 (2 cup)	Large £4.00 (3 /4 cup)
Hot Chocolate - in a mug	£3.00	
Mocha - in a mug	£3.30	

TEAS & HERB TEAS - See boards for selection in a mug **£1.40**
Pot (for 2) **£2.50**

FRUIT CORDIAL - Hot or cold- Blackcurrant, Elderflower, Ginger,
Summer Fruits **£1.40**

WINE 175ml glass **£4.20** 125ml **£3.80**

(see board for details of house and suggested wines)



Why not enjoy a bottle of wine with your meal. Choose from Norfolk's finest selection of organic and vegan wines Corkage on wine of your choice **£5.00**

BEERS 500ml bottles **£3.50** - Served with food. Unit and volume details on bottle

THE GREENHOUSE CAFE/SHOP IS OWNED BY THE GREENHOUSE TRUST,
AN ENVIRONMENT EDUCATION CHARITY. (No. 1037992)

CELEBRATE ORGANIC

**Eating Vegetarian and Organic is one of the easiest and healthy
ways of lowering your CO₂ footprint**

Organic growing maintains & improves the quality of the soil. No pesticides, fungicides, herbicides or GMO technology involved. Organic farmers care for the countryside, safeguarding water quality, maintaining hedgerows, enabling birds & butterflies to thrive. We trade with local growers through Folland Organics, & co-operative businesses (including Suma wholefoods) because the price of food has to support both the people that grow and produce it and the environment. Where we trade beyond local, we rely on the Fairtrade Foundation & other justice campaigns to inform our purchasing policies.

**A 0.4% increase in global soil carbon would deliver
carbon savings equivalent to current anthropogenic emissions**

THIS IS A QUIET ZONE

**Please place your phone on silent/vibrate - both inside
and in the garden.**

NO SMOKING IN THE GARDEN

GUIDE DOGS ONLY

RESPECT OTHERS

**Please do not allow your children to
run around or disturb others**

THANK YOU



75p of the price of each main meal can be donated to an environment project of your choice

PLEASE PLACE THE COLOURED DISK OF YOUR CHOICE IN THE COLLECTION BOX ON THE CAFE COUNTER.



Our vision is a world in which every person enjoys the rights enshrined in the Universal Declaration of Human Rights. Sometimes we go beyond these internationally recognised standards. We led the campaign for the adoption of the UN Convention Against Torture in 1984, and worked with partners to ensure the UN adopted the first ever Arms Trade Treaty in 2013. Campaigning has led to the death penalty being abolished in two-thirds of the world's countries and generated global support for the International Criminal Court - so that those responsible for genocide, war crimes and crimes against humanity will face justice. Amnesty is independent of any government, political ideology, economic interest or religion.



FRIENDS OF THE EARTH

Bees are in crisis. Without them, our environment and economy - including our food - are in trouble too. They pollinate the fruit and vegetables we eat - it would cost farmers £1.8 billion a year to hand pollinate crops. Here in the UK, bees are facing many dangers such as, habitat loss, toxic neonicotinoid pesticides, climate change, we need, and can all take action.



is an independent non-governmental organisation and a global movement for tribal peoples' rights. Industrialised societies subject tribal peoples to genocidal violence, slavery and racism so they can steal their lands, resources and labour in the name of "progress" and "civilization." Survival champions tribal peoples around the world.



Our vision is for our communities and countryside to be rich in colourful wild flowers and bees, supporting a diversity of wildlife and habitats for everyone to enjoy. Bumblebees have declined dramatically due to habitat loss. Over 97% of the UK's lowland flower-rich meadows have vanished since 1930. Two Species have become extinct since WWII and many other species are threatened.



There are more than 1,500 listed buildings in Norwich – 85% of which (extreme weather permitting) will still be standing by 2050. Cutting CO₂ emissions generated by the energy wasted from space heating (estimated to be 27% of UK CO₂ emissions) is one of the keys to preventing run-away climate change. Only a bold, zero-carbon approach to retrofitting and adapting our local heritage will meet the energy and climate change challenge. Demonstrating how old buildings must be re-designed is part of the Trust's Climate Change Challenge. We must place social and environmental justice at the heart of architectural and planning practice.