



CAFE - OPEN

Friday and Saturday 11. am - 3.00 pm

GREENHOUSE - GALLERY

Thursday, Friday and Saturday 10. am - 4.30 pm

Art and environment education charity No. 1037992

A QUIET VEGETARIAN/ VEGAN EATING ZONE

(Phones off Please) with

COURTYARD GARDEN - WHOLEFOOD SHOP - SECONDHAND
BOOKSHOP AND ENVIRONMENTAL ART GALLERY (1st floor) *

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

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

SOUP OF THE DAY - With wholemeal or rye sour-dough bread (contains natural gluten)
with butter/margarine **£5.95***

Extra bread **50p**

PANINI - Toasted ciabatta bread with filling - served with side salad:

* Cheddar Cheese with red pepper and onion topping

✓ (vegan/non-organic cheese option available) **£6.75***

* Mushroom pate with onion

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

75p – Support the charity project of your choice using the coloured buttons on counter-top

TAKE AWAY

PANINI - Toasted ciabatta bread with various fillings (no salad) **£3.50**

SOUP OF THE DAY – with slice of bread -

- see board for details of soup of the day **£3.50**

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

ORGANIC - **DRINKS** - FAIRTRADE

COFFEE

Dairy or soya milk

Machu Pichu - Peru (strength 4)
Equal Exchange - Blend (strength 3)

With Oat Milk

Regular Coffee in a cup	£1.90	£2.10
Americano - single shot in mug	£1.90	£2.10
Espresso -	£1.90	£2.10
Double Espresso -	£2.30	£2.50
Cappuccino - in a cup	£2.40	£2.60
Latte in a mug (single shot)	£2.60	£2.90
Flat white (double shot) in a mug	£2.90	£3.20
Cafetiere	£3.80 (2 cup)	£4.10
	Large £4.50 (3 / 4 cup)	£4.80
Hot Chocolate - in a mug	£3.00	£3.30
Mocha - in a mug	£3.30	£3.60

TEAS & HERB TEAS - See boards for selection - In a mug **£1.60**
Pot (for 2) **£2.80**

FRUIT CORDIAL - Hot or cold- Blackcurrant, Elderflower, Ginger,
£1.60

WINE 175ml glass **£4.00** 125ml **£3.50**

(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.

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. 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 dangers including habitat loss, pesticides, climate change, we can all take action.



is 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.



An annual 0.4% increase in global soil carbon would deliver carbon savings equivalent to the current total anthropogenic emissions of CO2. Though hypothetical, this illustrates how important soils are as a carbon store. Organic farming is a significant step in the right direction. The avoidance of artificial fertilisers and chemicals means that we have to follow time-honoured ways of building fertility, through legumes and rotations of crops and animals.



(XR) is an international social movement that **aims** to drive radical change, through nonviolent resistance in order to minimise species **extinction** and avert climate breakdown. EX demands are: The Government must tell the truth about the climate and wider ecological emergency, reverse inconsistent policies and work alongside the media to communicate with citizens. Government must enact legally binding policy measures to reduce carbon emissions to net zero by 2025 and to reduce consumption levels. A national Citizen's Assembly to oversee the changes, as part of creating a democracy fit for purpose.