

From 2,000 years before the PYRAMIDS were ever built, right up until a generation ago, we milled our grain on a stone QUERN, mixed it with spring water and a pinch of sea-salt to create the staple of life, our daily bread. Up until around the 1870s we allowed nature to do its work – trusting in the natural FERMENTATION process that occurs when the almost supernatural array of wild yeasts, bacteria and ENZYMES break down the dough and transform it.

These magical particles consume the proteins and gluten in the grain, liberating minerals and adding B vitamins. This process is known as SOURDOUGH – the first-ever grain-growers mastered it 10,000 years ago in Jordan and Turkey.

The SOURDOUGH process is SLOW and unpredictable. It's (endearingly) moody and capricious, depending on the temperature, humidity, air pressure and myriad different characteristics and variables of the grain itself. But, it makes the dough far more NUTRITIOUS, more flavourful and more digestible. Infinitely so. It consumes the excess gluten that so many of us are intolerant to, and transforms it into pockets of carbon dioxide gas which then get fossilised as glorious BUBBLES within the bread/dough.

We love this natural FERMENTATION process so much that we use it to create all our PIZZAS – made with purely organic flour. And our devotion to natural processes extends across our menu, from the veggies to sauces, KOMBUCHAS, craft beers and naturally FERMENTED wines.



SNACK

Flatbread – Bagna càuda 6

Casella prosciutto 12

FERMENTS

Kimchi 5

Cucumbers 5

Cauliflower 5

SALAD

Pickled cucumber – *tahini, salsa macha* 10

Arugula and fennel – *parsley, lemon, parmesan reggiano* 12

Gem lettuces – *green goddess dressing, toasted seeds* 14

SHARE

Sautéed kale – *cavalo nero, doenjang braise, crispy quinoa* 11

Roasted eggplant – *pepperonata, persian sour cream, dried mint* 12

Japanese sweet potato – *crème fraîche, salsa macha & crispy anchovy* 10

PIZZA

Puttanesca – *(vegan) tomato sauce, cherry tomatoes, black olive, calabrian chilie* 15

Margherita – *tomato sauce, buffalo mozzarella, fresh basil* 16

White – *pistachio pesto, mozzarella, ricotta, honey* 18

Kimchi – *tomato sauce, mozzarella, gouda, black sesame* 18

Mushroom – *crimini & oyster mushrooms, porcini cream, mozzarella, gouda, truffle oil* 20

Pepperoni - *tomato sauce, mozzarella, pepperoni* 18

Ask about desserts