



# Be The 100th Monkey

## Natural & Organic Foods Bistro & Bakery

52 High Street, Glastonbury BA6 9DY

E: [bookings@hundredmonkeyscafe.com](mailto:bookings@hundredmonkeyscafe.com)

T: 01458 833386

[hundredmonkeyscafe.com](http://hundredmonkeyscafe.com)

[facebook.com/hundredmonkeys](https://facebook.com/hundredmonkeys)





**Hundred Monkeys is a natural and organic foods bistro and bakery, specialising in vegan, gluten-free and dairy free, free-range meats and fresh fish. We source our ingredients from local, small-scale and organic producers and showcase the best fresh produce the South-West has to offer.**

### **Natural & Organic Food**

We believe food is better for people and planet if it comes from a healthy soil with no need for artificial fertilizers, pesticides and herbicides. That is why we use a high proportion of organic or pesticide-free ingredients in our food, often sourced from trusted local producers. We make our food from scratch with unprocessed ingredients free from unnecessary additives.

### **Gluten-free, dairy-free, vegan, low sugar....**

We love to make food that is nutritious and healthy. Many of our dishes are gluten-free, dairy-free or vegan, and many of our bakery products are made with natural sweeteners and locally-grown spelt flour.

### **Local & Seasonal**

We take inspiration from the British growing season and buy from local growing projects and Somerset farms wherever possible. Our fish is caught from Lyme Bay in Dorset, and we buy as much produce as possible from small-scale growing projects within our local community.

### **Ethical**

All our meat is free-range or ethically reared, and mainly from Somerset farms. When buying imported produce we buy only Fairtrade – that's our coffee, chocolate, bananas rice and quinoa.

### **Sustainable**

Working with local producers strengthens the local food economy and reduces carbon emissions. We use eco-products to clean our café and recycle the majority of our waste.