

THE SUPER AWESOME PLANT BASED VEGAN MENU

CHINESE FRITTERS (GF) 8.00

Shredded vegetables in a ginger beer and 5 spice batter, deep-fried to be light and crispy, served on a bed of stir-fried rice noodles and vegetables, topped with sweet chilli sauce, sesame seeds and fresh herbs.

FULL BREAKFAST (GF) 7.50

Roasted mushrooms and tomatoes, hash brown, our house smokey beans and a mini spinach and cream cheese chickpea omelette served with two slices of wholewheat toast.

SMOKEY BEANS ON TOAST (GF) 4.50

Toasted artisan bread topped with smokey chipotle beans in a lightly spiced tomato sauce topped with avo and coriander.

AVO ON TOAST (GF) 4.50

Limed and salted avo mashed on toasted artisan bread, garnished with fresh coriander.

FALAFEL BURGER (GF) 7.90

A crispy falafel patty with caramelised onions, melted cheese, tomato, crisp lettuce, and tomato chutney. Served on a bun with house salad.

MEZZE (GF) 5.00 PER PERSON

A platter of red onion & sun-dried tomato hummus, tapenade, sun-dried tomatoes, cheese, flatbread and lemon-dressed salad.

HUMMUS & FLATBREAD (GF) 4.00

A pot of our signature red onion & sun-dried tomato hummus with plenty of flatbread for dipping.

OKINOMIYAKI 5.50

Shredded salad and vegetables on a chickpea pancake drizzled with garlic mayo and siracha dressing, sprinkled with sesame seeds, crispy shallots and nori seaweed

SOUP OF THE WEEK 3.80

See the specials board for details.

POT OF THE WEEK SEE BOARD

See the specials board for details of whatever bowl of tasty goodness is on offer, usually with bread but that may vary.

SANDWICHES SEE BOARD

See specials board.

SALAD OF THE WEEK (GF) SEE BOARD

See specials board.


TOAST WITH JAM 2.00

2 slices of toast with strawberry jam.


OVEN BAKED JACKET POTATOES 4.00

Served with a salad garnish
Smokey beans

GF Gluten Free Option Available

 Contains Sesame Seeds

 Contains Soya

 Contains Nuts