

Brunch - available until 4pm

Avo toast (gfo)

seasoned smashed avocado on toasted wholewheat sourdough with charred corn pico-de-gallo, toasted seeds and microgreens £9

Apple crumble porridge (gfo)

oats cooked with soya milk, topped with sweetly spiced bramley apples and maple cinnamon granola clusters £5.50

Breakfast waffle 2.0

warm buttermilk waffle with peanut butter and dark chocolate sauce, sliced banana and crushed peanuts £9.50

Creamy mushrooms

wholewheat sourdough toasted and topped with a creamy cashew-based Guinness-spiked sauce, garlic mushrooms, henderson's relish, sweet pickled onions, toasted seeds and green salad £10

Breakfast burrito

soft flour tortilla wrap filled with seasoned smashed avocado, wilted spinach, chilli jam, smoky maple tempeh, hashed potatoes and tofu scramble £10

Vegivores breakfast (gfo)

house beans, tofu scramble, sauteed kale, garlic mushrooms, hashed potatoes, smoky maple tempeh, tomato, toasted wholewheat sourdough £12

(add avocado £13.50)

All-day menu

Snacks and nibbles

Rosemary and garlic olives (gf) £4

Maple salted roasted cashews (gf) £4

Starters and light bites

Crispy gnocchi

sage and onion potato gnocchi with aioli dip £6

Chowder (gfo)

creamy parsnip and corn chowder with salted smoked coconut and toasted sourdough £5.50 - *(fancy this as a main course? Go large for £10)*

Pea and leek fritters (gf)

gently spiced with fenugreek and green chilli, served with minted yogurt £6

Pate (gfo)

butter bean pate made with sun-dried tomatoes and fresh thyme, served with toasted sourdough £6

Peanut tempeh skewers (gf)

seared tempeh and vegetable skewers with tamarind and peanut sauce £7

Mains

Vegivores burrito

soft flour tortilla wrap with house beans, brown rice, guacamole, creamy slaw, cholula onions, roasted butternut squash and peppers £10
(add crushed nachos and/or jalapenos £10.50)

Mexicana bowl (gf)

house beans, brown rice, corn nachos, guacamole, creamy slaw, cholula onions and charred corn pico de gallo £10

Creamy linguine

pasta with a rich and creamy cashew-based sauce, truffle speciality mushrooms, fried leeks and our herby almond parmesan £14

Gado-gado burger

toasted brioche bun with creamy slaw, sweet soy-glazed tempeh, indonesian peanut sauce, toasted peanuts, shallots and avocado, served with hashed potatoes £13
(gluten-free? why not try this as a bowl with brown rice and salad instead of the bun and hashed potatoes for £12.50)

Dal masala (gfo)

yellow dal made with red lentils, split peas and gently tempered spices, topped with masala butternut squash, spinach and onion bhaji shreds served with brown rice (gf) or wholewheat chapati £13
(with both £14)

Sunday tacos

two soft tortilla tacos filled with herby slow-roasted jackfruit, crispy potatoes, creamy gravy, fried kale, sage and onion mayo, dried cranberries, diced shallots and salted smoked coconut £13 - not just for Sundays!
(big appetite? try three tacos for £15 - having leftovers to take home for tomorrow's lunch is encouraged!!)

Nourish bowl (gf)

tossed salad with quinoa, greens and roasted butternut squash with corn and sage, toasted pumpkin seeds, sweet apple-cider pickled onions, tahini maple dressing and microgreens £11.50

Chef special

please ask a member of staff who would be happy to advise you on the current special

Sides and extras

Hashed potatoes (gf) £2.50	Green side salad (gf) £2.50	Nachos & guacamole (gf) £5
Seasonal greens (gf) £4	Creamy gravy £2	Peanut sauce (gf) £2
Chilli jam (gf) £1.50	Creamy slaw £2.50	Like it spicy? Just ask your server

Desserts

The biscoffle - £5.00

warm buttermilk waffle with biscoff sauce and biscoff crumbs

Takeaway chocolate pot (gf) - £4.00

dark chocolate pudding, chocolate pieces