

WEEKDAY LUNCH MENU

AVAILABLE UNTIL 3PM

SNACKS & NIBBLES While you wait

| | |
|--|-----|
| Sourdough Fresh sourdough bread with whipped fennel seed & dill butter | 5 |
| Olives (ng) with rosemary & garlic | 5 |
| Roasted Seeds (ng) Mixed seeds roasted in house with smoky spices | 2.5 |
| Pickles (ng) Homemade crunchy pickled cucumber slices | 3.5 |

SMALL PLATES

| | |
|--|-----|
| Butter Bean Hummus (ngo) Creamy hummus made with buttery butter beans, with preserved lemon oil and crunchy homemade dukkah, served with warm flatbread | 7.5 |
| Crispy Gnocchi with creamy whipped cashew cheeze, toasted pumpkin seed pesto, sticky balsamic glaze & sunblush tomato | 8.5 |
| Macaroni Cheeze A small portion of our creamy macaroni cheeze, topped with garlic and herb crumb | 7 |
| Peanut Crunch Salad (ng, sc) Refreshing slaw made with colourful vegetables and shredded cabbage, fresh herbs, crunchy peanuts and toasted sesame in a zesty and creamy peanut lime dressing | 7 |

SIDES

| | |
|---|-----|
| Jazzy Broccoli (ngo) With either salsa macha, pumpkin seed pesto, crispy chilli oil or spicy sambal | 5 |
| Hashed Potatoes (ngo) Classic garlic & herb | 3.5 |
| Side Salad (ng, sc) Lovely simply dressed leaves | 2.5 |
| Stir Fried Veg (ngo) Fresh simply seasoned stir fried veggies | 5 |

SAUCES & DIPS (ng) 1 each

Chipotle crema, pumpkin seed pesto, mango chutney, chilli jam, crispy chilli oil, salsa macha, chive mayo

LARGE PLATES & MAINS

LUNCH SPECIAL

Our lunch specials change regularly, please check out the board or ask a member of staff for details!

LOADED TOASTS (add vine tomatoes +£1.50)

| | |
|--|---------|
| Peas Please (ngo) Delicious smashed peas and butter beans seasoned with preserved lemon, mint & basil on fresh toasted sourdough, crispy chilli oil, smoky toasted seeds & fresh pea shoots | 9 |
| The Shroomy One (ngo) Herby speciality mushrooms with fried kale, on fresh toasted sourdough spread with creamy whipped cashew cheeze, balsamic glaze and delicious dukkah | 13.5 |
| Toastie with the Mostie Grilled buttered sourdough filled with creamy Coronation-style curried chickpeas and peas with homemade mango chutney served with dressed leaves (add hashed potatoes +£3.50) | 10 |
| Vegivores Burrito Tortilla wrap filled with house beans, brown rice, creamy slaw, roasted peppers, fried onions and homemade chipotle crema, served with dressed leaves (spice it up with jalapeños £0.50, salsa macha £1 or both!) Make it a Hey Macarito!!! Swap out the brown rice for our creamy macaroni cheeze for the ultimate treat! (+£2) | 14 |
| Macaroni Cheeze A larger portion of our creamy macaroni cheeze, topped with crunchy garlic & herb crumb and dressed leaves (add truffled mushrooms +£2 or black beans +£1 or jalapeños £1) | 14 |
| The Boss's Bowl (ng) All the best things in a bowl - house beans, brown rice, creamy slaw, roasted peppers, fried onions, charred corn, chipotle crema, fried kale, creamy butter bean hummus and toasted seeds (spice it up with jalapeños £0.50, salsa macha £1 or both!) | 14.5 |
| Satay Slay Burger / Slay Bowl (ngo) Warm pretzel bun, slaw, crispy sesame fried tofu, rich satay peanut sauce, crunchy pickled cucumbers and sticky chilli jam, served with classic garlic & herb hashed potatoes and dressed leaves - Bowl option contains brown rice instead of a bun and hashed potatoes (add spicy Sambal on the side, made by our friends at Makan Malaysia £1) | 17.5/15 |

| | |
|---|------|
| Green Goodness Bowl (ng, sc) A refreshing bowl of goodness, loaded with British quinoa, sweet green peas, shaved asparagus, courgette & cucumber ribbons, mixed leaves and fresh mint, basil & parsley in a deliciously zesty lemon chilli dressing topped with crispy capers | 13.5 |
|---|------|