

# WEEKDAY LUNCH MENU

AVAILABLE UNTIL 3PM

## SNACKS & NIBBLES While you wait

<b>Sourdough</b> Fresh sourdough bread with whipped miso butter	5
<b>Olives (ng)</b> with rosemary & garlic	5
<b>Roasted Seeds (ng)</b> Mixed seeds roasted in house with smoky spices	2.5
<b>Pickles (ng)</b> Homemade crunchy pickled cucumber slices	3.5

## SMALL PLATES

<b>Jalapeño Hummus (ngo)</b> Velvety hummus made with creamy chickpeas and fried jalapeño peppers, with salsa macha and crunchy baked tortillas	8.5
<b>Crispy Gnocchi</b> with creamy whipped cashew cheeze, toasted pumpkin seed & broccoli stalk pesto and aged balsamic	9
<b>Macaroni Cheeze</b> A small portion of our creamy macaroni cheeze, topped with garlic and herb crumb	7.5
<b>Peanut Crunch Salad (ng, sc)</b> Refreshing slaw made with colourful vegetables and shredded cabbage, fresh herbs, crunchy peanuts and toasted sesame in a zesty and creamy peanut lime dressing	7.5

## SIDES

*\*Make it jazzy!*  
With either salsa macha, pumpkin seed & broccoli stalk pesto, crispy chilli oil or spicy sambal +£1

<b>Jazzy Broccoli (ng)</b> With either salsa macha, pumpkin seed pesto, crispy chilli oil or spicy sambal	6
<b>Side Salad (ng, sc)</b> Lovely simply dressed leaves	2.5
<b>Hashed Potatoes (ng) *</b> Classic garlic & herb	4
<b>Stir Fried Veg (ng) *</b> Fresh simply seasoned stir fried veggies	6

## SAUCES & DIPS (ng)

1 each

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

## LARGE PLATES & MAINS

### LOADED TOASTS (add vine tomatoes +£1.50)

<b>Peas Please (ngo)</b> 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	9.5
<b>The Shroomy One (ngo)</b> Herby speciality mushrooms with fried kale, on fresh toasted sourdough spread with creamy whipped cashew cheeze, balsamic glaze and delicious dukkah	14

<b>The Soupreme Leader</b> Our manager Lauren's all-time favourite! A warming, comforting bowl of creamy jackfruit and corn chowder, topped with oak-smoked olive oil and fresh sourdough on the side ( <i>ask if you would prefer your sourdough toasted and/or with plant-based butter</i> )	13
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<b>Vegivores Burrito</b> 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!) <b>Make it a Hey Macarito!!!</b> Swap out the brown rice for our creamy macaroni cheeze for the ultimate treat! (+£2)	14.5
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<b>Macaroni Cheeze</b> A larger portion of our creamy macaroni cheeze, topped with crunchy garlic & herb crumb and dressed leaves ( <b>add truffled mushrooms +£2, pumpkin seed &amp; broccoli stalk pesto +£1, black beans +£1 or jalapeños £1</b> )	15
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<b>The Boss's Bowl (ng)</b> All the best things in a bowl - house beans, brown rice, creamy slaw, roasted peppers, fried onions, charred corn, chipotle crema, fried kale, jalapeño hummus and toasted seeds ( <i>spice it up with jalapeños £0.50, salsa macha £1 or both!</i> )	15
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<b>Satay Slay Burger / Slay Bowl (ngo)</b> 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 ( <i>add spicy Sambal on the side, made by our friends at Makan Malaysia £1</i> )	18.5/16
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<b>Broc Rock'n Beets (ng, sc)</b> A deliciously fresh and seasonal salad of British quinoa with pumpkin seed & broccoli stalk pesto, shredded beetroot, broccoli, fresh peppery rocket, toasted seeds and microgreens in a sweet orange and balsamic vinaigrette ( <i>add whipped cashew cheeze +£1</i> )	14.5
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