

# LUNCH MENU

weekdays until 3:00pm



## WHILE YOU WAIT

**FRESH BREADS** £8.50

With olive oil and aged balsamic

**KALAMATA OLIVES & SUNBLUSH TOMATOES (NG)** £5.50

**PICKLED VEGETABLES (NG)** £5

With juniper and pink peppercorns



## SMALL PLATES

**BEETROOT HUMMUS (NGO)** £9

With olive oil, toasted cumin seeds and dill  
Served with warm flatbread

**CRISPY GNOCCHI** (NG) £9.50

With whipped cashew, pumpkin seed pesto and aged balsamic

**TAHINI CRUNCH SALAD (NG)** £7.50

Shredded rainbow veggies, tahini dressing, sesame, mint and lime

**MACARONI CHEESE** £7.50

With garlic and herb crumb

## MAINS

**SATAY BURGER (NGO)** (NG) £20

Pretzel bun, slaw, sesame fried tofu, peanut sauce, pickled cucumbers and chilli jam.  
Served with hashed potatoes and salad

Add spicy sambal on the side + £1.50

**THE BETTER BOWL (NG)** (NG) £15

Spiced butter beans, brown rice, kale, fried onions, fire roasted red peppers, corn, slaw, cashew cheese, omega seeds and corn tortillas

**EASY PEASY - LOADED TOAST (NGO)** £10

Smashed peas, chilli jam and omega seeds

Add tofu chorizo pieces + £2

**VEGIVORES BURRITO** £14.50

With spiced butter beans, chipotle butter rice, slaw, fried onions and fire roasted red peppers

Add jalapeños, salsa macha (NG) or cashew cheese (NG) + £1  
Add tofu chorizo pieces + £2

**TAHINI CRUNCH SALAD LARGE (NG)** £14

With added quinoa and sesame tofu

**MACARONI CHEESE LARGE** £15

With garlic and herb crumb and salad on the side

## LUNCH BREAK HEROES!

In a rush? Order one of these and let your server know you're on the clock and we'll get it to you fast!

**FOCACCIA SANDWICH (NGO)** (NG) £12

Fresh focaccia with pumpkin seed pesto, rocket, roasted veggies, beetroot hummus and cashew cheese

## LUNCH SPECIAL

Ask your server about our current special!



## SIDES

**Jazzy Broccoli (NG)** £6  
Salsa Macha (NG), spicy sambal or pumpkin seed pesto

**Side Salad (NG)** £2.50  
Lovely dressed leaves

**Hashed Potatoes (NG)** £4.50  
Classic garlic & herb

**Stir Fried Veg (NG)** £6  
Simply seasoned stir fried veggies

## SAUCES AND DIPS (NG) £1.50

Pumpkin seed pesto, chilli jam, sambal, salsa macha (NG), peanut sauce (NG), chive mayo

## JAZZ UP YOUR MACARONI CHEESE!

Truffled mushrooms + £2 Pumpkin seed pesto + £1  
Jalapeños + £1 Fried kale + £1.50

MAKE A MEAL OF IT!

ng - no ingredients containing gluten | ngo - option to have no ingredients containing gluten | (NG) - contains nuts

If you have an allergy please speak to your server before placing your order. We can never guarantee that our food is 100% free from allergens.