

# MAIN MENU

Available from 2:00pm on weekends  
and 3:00pm on weekdays



## SMALL PLATES

### BEETROOT HUMMUS (NGO)

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

£9

### CRISPY GNOCCHI

With whipped cashew,  
pumpkin seed pesto and aged balsamic

£9.50

### DRUNKEN KNOTS (NG)

Spicy tofu knots, sesame and Thai basil

£9

### ESCALIVADA (NG)

Grilled and chilled Mediterranean veg, olive oil,  
sherry vinegar and maldon salt

£8.50

Add grilled bread + £2



## WHILE YOU WAIT

### FRESH BREADS

With olive oil and  
aged balsamic

£8.50

### PICKLED VEGETABLES (NG)

With juniper and  
pink peppercorns

£5

### KALAMATA OLIVES & SUNBLUSH TOMATOES (NG)

£5.50



## MAINS

### THE BETTER BOWL (NG)

£15

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

### VEGIVORES BURRITO

£14.50

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

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

### BUTTER TOFU (NGO)

£20

Roasted tofu, butter curry sauce,  
pickled vegetables and (optional) coriander  
Served with brown rice or flatbread  
(have both + £1)

### SATAY BURGER (NGO)

£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

### TAHINI CRUNCH SALAD (NG)

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

£7.50

### MACARONI CHEESE

With garlic and herb crumb

£7.50

### TAHINI CRUNCH SALAD LARGE (NG)

With added quinoa and sesame tofu

£14

### MACARONI CHEESE LARGE

With garlic and herb crumb and salad on the side

£15

### JAZZ UP YOUR MACARONI CHEEZEE!

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



## SIDES

### Jazzy Broccoli (NG)

Salsa Macha or pumpkin seed pesto

£6

### Hashed Potatoes (NG)

Classic garlic & herb

£4.50

### Stir Fried Veg (NG)

Simply seasoned stir  
fried veggies

£6

### Side Salad (NG)

Lovely dressed leaves

£2.50

### SAUCES AND DIPS (NG) £1.50

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

ng - no ingredients containing gluten | ngo - option to have no ingredients containing gluten | - 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.