

LUNCH MENU

weekdays until 3:00pm



HUMMUS (NGO) £8.50

creamy chickpea hummus served with warm flatbread, olive oil and parsley

Or swap for a delicious hummus topper! + £1

salsa macha , chilli crisp, dukkah , omega seeds, crispy togarashi chickpeas, pumpkin seed pesto or spicy sambal



SEASONAL SOUP (NGO) £9

Please ask your server for details on our current soup.

Comes with either sourdough or NG bread, please ask if you would like some plant-based butter



TOASTIE £10

Sourdough toastie with pesto, cashew cheese , smoky maple tofu, sunblush tomato, rocket & balsamic

add a wee cup of seasonal soup +£4

CUSTOMISABLE BOWLS & WRAPS

Crunchy rainbow veggies and quinoa with your choice of dressings & additions to make the perfect salad or wrap.



BOWL

£12

OR



WRAP

£13

Our bowls, toppers and dressings are gluten free!

Pick your protein

Sesame fried tofu, maple smoked tofu, tofu chorizo, hummus, cashew cheese , crispy togarashi chickpeas, black beans

Add extras for £2!

Pick your dressing

Tahini - creamy sesame tahini with tamari & ginger

Peanut - smooth, salty peanut with sweet chilli 

Caesar - rich, creamy and tangy



LUNCH SPECIAL

Please ask your server for details on our current lunch special



SIDES

Side Salad (NG) £2.50

Lovely dressed leaves

Hashed Potatoes (NG) £4.50

Classic garlic & herb

Jazzy Broccoli (NG) £6

Salsa Macha , spicy sambal, chilli crisp or pumpkin seed pesto



SAUCES AND DIPS (NG) £1.50

Pumpkin seed pesto, chilli crisp, sambal, salsa macha , chilli jam, 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.