

MAIN MENU

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

SMALL PLATES

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

CRISPY GNOCCHI £9.50

With whipped cashew and pumpkin seed pesto

DRUNKEN KNOTS (NG) £9

Spicy tofu knots, sesame and Thai basil

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

TAHINI CRUNCH SALAD (NG) £8

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

MACARONI CHEESE £8

With garlic and herb crumb

WHILE YOU WAIT

PESTO FOCACCIA CROUTONS £5

CRISPY CHICKPEAS - WITH TOGARASHI (NG) £5

KALAMATA OLIVES & SUNBLUSH TOMATOES (NG) £5

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

Add jalapeños, salsa macha or cashew cheese + £1
Add tofu chorizo pieces, sesame fried tofu or maple smoked tofu + £2
Swap your rice for macaroni cheese +£2

VEGIVORES BURRITO £14.50

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

TAHINI CRUNCH SALAD LARGE (NG) £15

With added quinoa and sesame tofu

MACARONI CHEESE LARGE £15

With garlic and herb crumb and salad on the side

CURRY SPECIAL (NGO)

please ask a member of staff for details
on the current special!

SUNDAY BEST BURGER (NGO) £18.50

Brioche bun with maple smoked tofu,
crispy onions, sage & onion mayonnaise, fresh
shredded cabbage and a red onion marmalade
Served with hashed potatoes

Add a gravy dipper (contains gluten) +£2

JAZZ UP YOUR MACARONI CHEESE!

Truffled mushrooms	+ £2	Pumpkin seed pesto	+ £1.50
Jalapeños	+ £1	Fried kale	+ £1.50
Tofu chorizo pieces	+ £2	Maple smoked tofu	+ £2

SIDES

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

Hashed Potatoes (NG) £4.50
Classic garlic & herb

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

Side Salad (NG) £2.50
Lovely dressed leaves

SAUCES AND DIPS (NG) £1.50

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