VEGIVORES
NATURAL KITCHEN

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 (NG), chilli crisp, dukkah (NG), omega seeds, smoked chilli & sumac cashews (NG) pumpkin seed pesto or sambal



SEASONAL SOUP (NGO)

£9

Please ask your server for details on our current soup. Comes with sourdough or NG bread (plant-based butter also available)

TOASTIE



£12

Smoky chorizo style tempeh, cashew cheese, kimchi, chilli jam, rocket and crispy onions

add a wee cup of seasonal soup +£3

CUSTOMISABLE BOWL or WRAP

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

Our bowls, toppers and dressings are gluten free!



BOWL

£13

OR



WRAP

£13.50

1 STEP 1 BASE

Your base is a healthy mix of raw rainbow veggies & quinoa

2 STEP 2 PROTEIN

Pick your protein

Sesame fried tofu
Maple smoked tofu
Tofu chorizo pieces
Hummus
Cashew cheese (NG)
Black beans
Smoked chilli & sumac cashews (NG)

Add extras for £2!



Boost your dish with Kimchi! +£2

3 STEP 3 DRESSING

Pick your dressing

Tahini - creamy sesame tahini with tamari & ginger

Ranch - creamy, tangy, herby and delicious

Chilli & lime vinaigrette - light and fresh with a hint of mint

LUNCH SPECIAL

Ask your server about our current special!

MACARONI CHEESE



with a garlic & herb crumb

Small	**£8**
Large with salad	**£15**

JAZZ IT UP!

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

-MAKE IT A FEAST- SIDES

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

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

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

SAUCES & DIPS (NG) £1.50

Pumpkin seed pesto, chilli crisp, sambal, salsa macha (NG), chilli jam, chive mayo, cashew cheese (NG), ranch, gochujang mayo

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.