Smashing Kitchen



Snacks & Share Plates

· BREAD & BUTTER *

Home baked nuts & seeds buckwheat bread 3 slices with home made vegan butter £3.50

· NACHOS & HUMMUS for 1 / for 2 Home baked spiced sourdough crisps with butter bean cheezy hummus £5.50 / £9.50

· NACHOS & GUAC for 1 / for 2 Home baked spiced sourdough crisps with smashing fresh guacamole..... £6.50 / £11

· VEGGIES & HUMMUS for 1 / for 2 Selection of raw vegetables with butter bean cheezy hummus / / £4/£7

· VEGGIES & GUAC for 1 / for 2 Selection of raw vegetables with smashing fresh guacamole£4.50 / £8

• EXTRA portion of HUMMUS /£3 · EXTRA portion of GUACAMOLE.....£4.50

Soups

· BEETROOT

Beetroot, chunky vegetables & butter beans £5

• PUMPKIN

Creamy pumpkin/squash & sweet potato with coconut milk & Thai spices)) # £5

EXTRAS:

· Add home baked bread 2 slices £2 · Add home made vegan butter _____ £0.50

ALL THE DISHES ARE VEGAN AND GLUTEN FREE* WE DO NOT USE ANY REFINED SUGARS OR SATURATED FATS. NO ARTIFICIAL COLOURS OR FLAVOURINGS, NO PRESERVATIVES. DELICIOUS FOOD HOME MADE WITH LOVE:) >> SEE REVERSE FOR ALLERGENS LEGEND <<

wraps

Thin chickpea & buckwheat pancakes filled & toasted, served with a side salad 5 £7.50



· FALAFEL - home baked falafel, butter bean hummus, pickled red cabbage & coconut voghurt tzatziki 🥏

· MEXICAN - spiced kidney beans, buckwheat, sweet chilli sauce & guacamole

Burgers



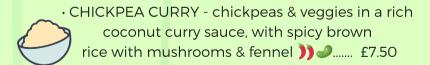
Sourdough gluten free bun; served with a side salad 5 £7.50



• THAI SWEET POTATO - spiced sweet potato & chickpea patty, sweet chilli sauce, mango salsa, tomato, lettuce * ()

· MUSHROOM - grilled portobello mushroom, home made basil pesto, charred bell pepper & rocket leaves

Pasta & Rice



· PESTO FUSILLI - gluten free pasta with courgettes, mushrooms, baby tomatoes & home made basil pesto £7.50

· LENTIL BOLOGNESE SPAGHETTI - gluten free pasta with home made tomato & herbs sauce and a rich lentil & mushroom stew 1...... £7.50



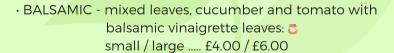
Salads



· CHICKPEAS, tomatoes, red pepper & parsley with mustard vinaigrette leaves: 5 small / large £4.50 / £6.50

· OUINOA, beetroot, horseradish, kidney beans & broccoli with mustard vinaigrette leaves: small / large £4.50 / £6.50

· WHITE BUCKWHEAT, tomatoes, pepper, parsley & green beans, with mustard vinaigrette leaves: 5 small / large £4.50 / £6.50



· PESTO SALAD with grilled asparagus, roasted sweet potato. sautéed mushrooms & baby tomatoes, with basil pesto dressed leaves £7

· CREATE YOUR OWN - mustard vinaigrette dressed leaves with toasted seeds & toppings of your choice small - 3 toppings / large - 5 toppings £4.50 / £6.50

TOPPINGS:



* Spiced Chickpeas

* Spiced Kidney Beans

* Quinoa & Raw Beetroot with Horseradish

* Baby Tomatoes + Red Pepper + Parsley

* Roasted Spiced Sweet Potatoes

* Steamed Broccoli

- * Steamed Green Beans 📇
- * White Buckwheat with Dressing 👼 * Red Cabbage Pickled in Apple Cider Vinegar
 - * Home Baked Spiced Nachos
 - * Guacamole
 - * Butter Bean Cheezy Hummus 🥏
 - * Coconut Tzatziki
 - * Pumpkin & Sunflower Seeds and Basil Pesto

EXTRAS for when you want just a little bit more:

* Home Baked Falafels / £2.50

* Home Baked Bread 2 slices£2.00; add Vegan Butter ...£0.50 * Extra Topping £0.80