

## 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 🥗..... £7.50



• FALAFEL - home baked falafel, butter bean hummus,  
pickled red cabbage & coconut yoghurt tzatziki 🥑

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

## Burgers

Sourdough gluten free bun;  
served with a side salad 🥗..... £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

• CHICKPEA CURRY - chickpeas & veggies in a rich  
coconut curry sauce, with spicy brown  
rice with mushrooms & fennel 🌶️ 🥑..... £7.50



• 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 🌶️..... £7.50



## Salads



• CHICKPEAS, tomatoes, red pepper & parsley  
with mustard vinaigrette leaves: 🥗  
small / large ..... £4.50 / £6.50

• QUINOA, 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: 🥗  
small / large ..... £4.50 / £6.50



• BALSAMIC - mixed leaves, cucumber and tomato with  
balsamic vinaigrette leaves: 🥗  
small / large ..... £4.00 / £6.00

• 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

\* Steamed Green Beans 🥗

\* White Buckwheat with Dressing 🥗

\* Red Cabbage Pickled in Apple  
Cider Vinegar

\* Spiced Kidney Beans

\* Home Baked Spiced Nachos

\* Quinoa & Raw Beetroot with  
Horseradish

\* Guacamole

\* Baby Tomatoes + Red Pepper +  
Parsley

\* Butter Bean Cheezy Hummus 🥑

\* Roasted Spiced Sweet Potatoes

\* Coconut Tzatziki

\* Steamed Broccoli 🥗

\* 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