

Lunch Menu

Soup, Sandwiches and Salads:

Takeaway / Sit-in

Soup of the Day (LG)

£3.50 £4.50

with our homemade soda or low-gluten bread

Vegan Salad Bowl

£5.50 £6.50

Choose any or all of our salads from raw and roasted vegetables, grains and pulses served with our wholemeal soda or low-gluten bread

Vegan Sandwiches

£3.50 £4.50

Handmade olive roll, with roasted vegetables and your choice of filling

- Scrambled Tofu
- Roasted Carrot Hummus
- Pumpkin Seeds Pâté

Sandwich and Salad Combo

£6.00 £7.00

Soup and Sandwich Combo

£6.50 £7.50

Vegan Mains:

all served with our house salad

£6.70 £7.70

Beetroot and Walnut Burger with Pan Fried Potatoes

Hearty, healthy and high in protein, served in a wholemeal olive roll

Sweetcorn and Courgette Fritters (LG)

Crispy and light, made with chickpea flour

Lentil Cottage Pie with Root Vegetable Mash (LG)

English classic in the modern vegan way

Chickpea Madras Curry with Steamed Millet (LG)

A mildly spiced curry with coconut milk and kale

Special Main of the Week

Please check our chalkboard

Sides:

Mug of Soup

£2.50 £3.00

Small Vegan Salad Bowl

£2.90 £3.30

Pan Fried Potatoes

£2.00 £2.50

Hummus with Veggie and Apple Sticks

£2.90 £3.30

Vegan Samosas

£1.70 £2.20

with up to 3 choices from our salads

£4.40 £5.20

Vegan Biscuits, Cakes, Traybakes, Ice Cream:

Some raw, some sugar free, please check at the counter for our daily treats.

Our wholesome food is prepared by a principle of the protein combining, made from scratch, from local, seasonal and organic ingredients when we can, without using aluminium pans or trays, a microwave and deep fryer. All our takeaway boxes, cutlery and cups are eco friendly.

(LG) - although the recipe doesn't contain gluten we can't avoid the cross contamination

Drinks Menu

ALL AVAILABLE FOR TAKEAWAY

Mug of Organic Tea: **300ml** **£2.00**

We use only plastic free, unbleached, biodegradable tea bags. Refill is free, just ask!

Breakfast Tea / Earl Grey

Green Tea / Rooibos

Bengal Spice / Fruit Infusion / Lemon & Ginger

Our own handcrafted herbal infusions:

- **Double Mint** (Peppermint and Spearmint)
- **Good Thoughts** (Nettle, Lemon Verbena, Basil, Rosemary)
- **Throat Carer** (Lemon Thyme, Plantain, Hawthorn, Chamomile)
- **Special Herb Infusion** (Which may change seasonally)

Organic Hot Drinks: **Regular / Large**

Espresso-based coffees prepared with double shot of 100% organic arabica beans.

Homemade soya or other plant drink available with no extra cost.

Double Espresso	why	£1.50
Americano	not	£1.90 / £2.20
Flat White	try with	£2.50
Cappuccino	cardamom?	£2.50 / £3.00
Latte		£2.50 / £3.00
SuperU Shroom Coffee		£2.50
Golden Turmeric Chai Latte		£2.50 / £3.00
Healing Chicory Latte		£2.00 / £2.50
Hot Cocoa		£2.00 / £2.50

Organic Cold Drinks:

James White 100% organic juices	200 ml	£2.50
- Apple		
- Pear and Raspberry		
- Beetroot and Carrot		
Beetroot or Carrot Aperitif	50 ml	50 p
Elderflower Cordial	200 ml	£1.50
Ginger Cordial	200 ml	£1.50
Blackcurrant Cordial	200 ml	£1.50
Whole Earth Natural Cola	330 ml	£2.50
Biona Pure Coconut Water	330 ml	£3.00
Cold Plant Drink / Milk	200 ml	£1.50
Still Spring Water (glass bottled)	330 ml	£1.00