

Lunch Menu

★ 100% PLANT BASED ★

Soup, Sandwiches and Salads:

Takeaway / Sit-in

Soup of the Day (LG) with our overnight soda bread & vegan spread

Bowl of Soup	£4	£5
Small Soup	-	£3.60
+ £1 with Wholemeal Savoury Scone		

Mixed Salad Bowl (LG)

Handmade from Combination of Raw and Roasted **Vegetables-Grains-Pulses**

Served with a slice of our wholemeal or low-gluten soda bread

Regular	£7	£8
Small	£4	£5

Ciabatta Sandwiches

£4.50 £5.50

Our handmade granary ciabatta, with marinated vegetables and your choice of filling which may vary, please check our chalkboard

Ciabatta Sandwich & Salad Combo £8 £9

Ciabatta Sandwich & Soup Combo £7.50 £8.50

Vegan Mains:

All served with seasonal slaw / Small portions available - £6.50

Sweetcorn and Courgettes Fritters (LG) £8 £9.20

Three fritters patties served with slaw and grain salad

Special Main of the Week £8 £9.20

Please check our chalkboard

Walnut & Cauliflower Burger with Pan Fried Potatoes £9.50 £10.50

Hearty and healthy, served in our wholemeal granary bun

Light Bites:

Pan Fried Potatoes (LG) £3 £3.50

Oven Baked Homemade Pasty £2.70 £3.20

- with up to 3 choices from our salads £5.70 £6.50

Vegan Cakes and Sweet Treats:

All without refined sugar, some raw, some low gluten, please check at the counter.

Our **wholesome food** is prepared by a principle of the protein combining, **handmade from scratch**, from local, seasonal and organic ingredients where we can; **without** using aluminium pans or trays, microwave or deep fryer.

Free from artificial, ultra processed ingredients. **(LG)** = Low Gluten

There may be a wait during busy times, thank you for your patience