

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 £4.20 £5.50

Small Soup - £4.00

+ £1.20 with Wholemeal Savoury Scone

Mixed Salad Bowl Variation (LG)

Handmade combination of raw and roasted **Vegetables-Grains-Pulses**

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

Regular £7.50 £9

Small £4.40 £5.50

Ciabatta Sandwiches

£4.60 £5.60

In our handmade olive ciabatta, with raw marinated vegetables

For fillings please check our special board

Ciabatta Sandwich & Salad Combo £8.50 £9.50

Ciabatta Sandwich & Soup Combo £7.70 £8.70

Vegan Mains:

All mains served with seasonal slaw

Small portion available (excluding Burger) - £6.70

Special Main of the Week £8.30 £9.60

Please check our chalkboard

Sweet Potato & Celeriac Fritters (LG) £8.30 £9.60

Made with chickpea flour, served with quince chutney

BBQ Beetroot & Walnut Burger with Pan Fried Potatoes £9.70 £11.00

Hearty and healthy, served in our wholemeal olive ciabatta

Light Bites:

Pan Fried Potatoes (LG) £3 £3.60

Oven Baked Handmade Pasty £2.80 £3.30

- with our small salad variation £6 £6.80

Vegan Cakes and Sweet Treats:

Please check at the counter. Raw, wholemeal or low gluten cakes, sweetened with unrefined brown sugar or unsulphured dry fruits, date- or brown rice syrup :)

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

Drinks Menu

★ ALL AVAILABLE FOR TAKEAWAY ★

Pot of Organic Tea: £2.80

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

Breakfast Tea / Earl Grey

Our own handcrafted herbal infusions: £3.20

- Double Mint (Peppermint and Spearmint)
- Good Thoughts (Nettle, Lemon Verbena, Basil, Rosemary)
- Throat Carer (Lemon Thyme, Plantain, Hawthorn, Chamomile)
- Rooibos / Green Tea / Fruit Infusion

Hot Spiced Berry / Ginger Drink £3.20

(Ceylon Cinnamon, Star Anise, Orange Slices, Brown Sugar)

Organic Hot Drinks:

Espresso-based coffees all prepared with **double shots** of organic arabica beans.

With our **handmade** organic soya drink, oatly blend or organic whole milk. **Regular/Large**

Double Espresso	why	£2.50	-
Flat White	not	£3.10	-
Black Americano	try with	£2.70	£3.20
White Americano	cardamom?	£2.90	£3.40
Cappuccino / Latte		£3.30	-
Decaf French Press		£3	-
Seven Mushroom Coffee		£3.50	-
Golden Turmeric Chai		£3.40	-
Chicory / Barley Latte		£2.80	-
Hot Chocolate		£3.40	£3.90

Organic Cold Drinks:

James White 100% organic Juices £3.40

- Apple / Pear & Raspberry / Beetroot & Carrot

Beetroot or Carrot Aperitif £1.00

Belvoir Ginger / Elderflower Cordial £2.50

Whole Earth Natural Cola £2.70

Still Spring Water (glass bottled) £1.60

All our takeaway boxes, cutlery and cups are **eco friendly**.

Please let us know if you are intolerant or sensitive to any ingredients, because we are unable to avoid cross-contamination of **mustard, celery, nuts, sesame seeds, soya or gluten**.

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