

FOOD MENU

MAINS AVAILABLE WED-SAT FROM 11.30AM

TAKEAWAY COSTS £0.50 LESS

SOUP OF THE DAY - 4.50

Please check the board.

SALAD BOWLS - 5.50

CREAM CARROTS & GHERKINS

With homemade vegan mayo (chickpea brine, mustard, cane sugar)

SUPER GREEN

garden peas, Brussel sprouts, green beans, broccoli, with homemade tahini sauce (tahini, garlic, yeast flakes)

BALSAMIC BEETROOT & RED ONIONS

(balsamic vinegar, horseradish)

GOES WELL WITH

HANDMADE OVERNIGHT SODA BREAD & VEGAN SPREAD - 1

(wholemeal, white flour, oat, soy milk)

HANDMADE LOW-GLUTEN BREAD & VEGAN SPREAD - 1

(millet flour, chickpeas flour, yeast flakes, garlic)

HANDMADE SAVOURY SPINACH SCONE & VEGAN SPREAD - 2.70

(whole & white spelt flour, whole & white rye flour, wholemeal, white flour, garlic nettle, yeast flakes, soy milk)

LIGHT BITES

OVEN BAKED HANDMADE PASTY - 3.90

With mushrooms (wholemeal, white flour, self-raising flour)

RISO FREDDO (RICE SALAD) - 4

with Olives and Mushrooms

PAN-FRIED POTATOES - 4

CIABATTA SANDWICH - 6

Our handmade ciabatta (wholemeal & white flour, olives, basil oil, olive oil)

SERVED WITH RAW VEGETABLES

(red onions, cucumber, courgettes, radish, carrots, celeriac, squash)

SERVED WITH SCRAMBLED TOFU

(tofu & shallots)

SERVED WITH HUMMUS & ZA'ATAR

(chickpeas, garlic, tahini)

CIABATTA SANDWICH & SALAD/SOUP COMBO - 9.50

PASTY & SALAD/SOUP COMBO - 7.50

VEGETARIAN MAIN

GIANT YORKSHIRE PUDDING - 10.50

served with vegan cheese cauliflower, garden peas, mash potatoes, creamed spinach, vegan gravy and seasonal salad

(milk & eggs)

VEGAN CAKES

RAW BOUNTY CAKE - 3.50

(almonds, brazil nuts, coconut oil, desiccated coconut, dates, rice syrup)

topped with homemade chocolate
(coconut oil, cocoa, brown sugar, oat milk)

BROWNIE - 3.70

(pumpkin seeds, sunflower seeds, buckwheat flour, plain flour, brown sugar, bananas, soy milk, coconut oil, vegan dark chocolate)

topped with homemade chocolate

ALMOND & BUCKWHEAT SHORTBREAD - 1.55

(almond flour, Buckwheat flour, gluten-free flour)

VEGAN MAINS

100% PLANT BASED and served with seasonal salad

LASAGNE WITH MUSHROOMS & SQUASH - 10.50

(whole wheat, gluten-free flour, garlic, soy sauce, lentils oat milk, shallots)

MASALA DOSA-MEDIUM HOT - 10.50

(basmati rice & lentils, potatoes, green chillies, garlic, garden peas)

served with homemade Mango Chutney (Onion, garlic, ginger, mango, raisins)

YORKSHIRE PUDDING - 10.50

served with vegan cheese cauliflower, garden peas, mash potatoes, creamed spinach and vegan gravy

FRITTERS - 10.50

(sweet potatoes, celeriac, carrots, courgettes, onions, red pepper, sweetcorn, garlic, parsley, chickpeas flour)

served with homemade Mango Chutney (Onion, garlic, ginger, mango, raisins)

BBQ BEETROOT& WALNUT BURGER - 11.50

in our homemade wholemeal olive ciabatta served with pan-fried potatoes

(walnuts, brazil nuts, squash, sweet potatoes, onions, black beans, oat, garlic, BBQ sauce, homemade mayo)

CREAMED SPINACH - 10.50

served with fritters & pan-fried potatoes

MUSHROOMS STROGANOFF WITH BROWN RICE - 10.50

(pre-order only, minimum one hour in advance)

DRINKS MENU

ALL AVAILABLE FOR TAKEAWAY*

POT OF ORGANIC TEA - 3

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

ENGLISH BREAKFAST

Blend of Assam and Ceylon

CREAM EARL GREY

Black tea, natural flavours of bergamot, lavender and notes of vanilla

MATCHA GREEN

ORGANIC NATURALLY COFFEINE-FREE HERBAL TEA

THREE GINGER

Turmeric, ginger & galangal

THREE MINT

Spearmint, peppermint & field mint

ROOIBOS-REDBUSH TEA

Rooibos and spices

MORNING BERRY-FRUITY TEA

Sweet blackcurrant, blackberries

ORGANIC HOT DRINKS

HOT SPICED BERRY/GINGER DRINK 3.30
with cinnamon, star anise, orange slice, brown sugar

HOT CHOCOLATE 3.70

GOLDEN TURMERIC CHAI 3.70

SEVEN MUSHROOMS COFFEE 3.80

DOUBLE ESPRESSO 2.55

FLAT WHITE 3.55

CORTADO 3.20

BLACK AMERICANO 2.85

WHITE AMERICANO 3.00

CAPPUCCINO 3.55

LATTE 3.55

CAFFEINE-FREE COFFEE

Made with Chicory or organic instant decaf coffee.

AMERICANO 2.85

LATTE 3.00

Selection of soy, oat or organic whole milk available.

Espresso based coffees are all prepared with double shots of Organic Arabica, except Cortado with a single shot.



ORGANIC COLD DRINKS

JAMES WHITE 100% ORGANIC JUICE	3.60
Apple/Pear & Raspberry/ Beetroot & Carrot	
BEETROOT OR CARROT APERITIF	1.20
BELVOIR GINGER/ELDERFLOWER CORDIAL	2.80
WHOLE EARTH NATURAL COLA	3.00
FOLKINGSTONE'S JUICES	3.00
STILL SPRING WATER - GLASS BOTTLE	2.50
GLASS OF SPARKLING WATER	1.50

*ALL OUR TAKEAWAY BOXES, CUTLERY
AND CUPS ARE ECO FRIENDLY