

VEGAN MAIN DISHES FROM £7.95

AVAILABLE MONDAY – SUNDAY FROM 12PM



# TO NIBBLE AND SHARE

NOCELLARA OLIVES (ve) £2.95

MEZZE PLATTER Roasted lentil falafels, beetroot hummus with omega seed sprinkle, miso sesame aubergine, Lebanese-style dip, spiralised carrot salad, coconut tzatziki and flatbread (ve)  $\pounds 12.95$ 

#### STARTERS

HOMEMADE SOUP OF THE DAY with a rustic roll (ve) £5.25

ROASTED LENTIL FALAFEL on beetroot hummus with Lebanese-style dip and ciabatta (ve) £6.95

PAN-FRIED MUSHROOMS with spring onions and garlic, served with a soy, lime & ginger dip and a rice-paper cracker (ve) £6.95

#### MAINS

LAVASH VEGETABLE FLATBREAD with caramelised onion chutney, sesame miso aubergine, pesto and rocket (ve)  $\pounds 7.95$ 

SLOW-ROASTED TOMATO, BASIL & ALMOND BAKE with roasted sweet peppers, oyster mushrooms and a slow-roasted tomato dressing (ve) £12.95

CARAMELISED ONION TART filled with roasted red peppers and lentils, served with pesto, beetroot hummus and toasted seeds (ve) £12.95

PLANT-BASED BURGER served in a sesame seeded bun with coconut tzatziki, slow-roasted tomato sauce, lettuce and house salad (ve)  $\pm 13.75$ 

SPICED COCONUT CURRY served with miso sesame aubergine, broccoli, a scorched red chilli and sticky jasmine rice (ve) £12.50

WHOLEFOOD SALAD with leaves, roasted vegetables, broccoli, avocado, seeds and a pineapple, lemongrass & ginger dressing (ve) £9.95

Add Roasted lentil falafel £3.00

### DESSERTS

CHOCOLATE TART topped with chocolate sauce and fresh berries (ve) £6.25

BLACKCURRANT MOUSSE on a biscuit base, served with crushed mango and fresh strawberries (ve) £6.75

TREACLE & PECAN TART with soy vanilla custard (ve) £6.50

COCONUT MILK SORBET with fresh berries (ve) £6.25

PINEAPPLE TART TATIN topped with mango and served with coconut milk sorbet (ve) £7.25

## SIDES

Tenderstem broccoli, asparagus & green beans in a soy glaze (ve) £3.95 Rocket & balsamic salad (ve) £3.50