



# LUNCH & DINNER

SERVED DAILY 12 - 8.30PM

## THE NATURAL BURGER £9.95

Black Bean Patty / Tomato / Baby Gem Lettuce / Red Onion  
Cashew Cheeze / Homemade Vegan Mayo / Ciabatta / Himalayan Salted Fries  
(Upgrade to Sweet Potato Fries £1.50)

UPGRADE TO

## THE ULTIMATE VEGAN BURGER £14.95

All of the above plus — Pulled Jackfruit / Avocado / Hot Sauce  
Himalayan Salted Fries (Upgrade to Sweet Potato Fries £1.50)

## TOFU 'FISH' AND CHIPS £10.95

Lemon & Kelp Marinated Tofu / Nori / Mushy Peas  
Himalayan Salted Fries / Homemade Vegan Tartare Sauce

## RAMEN BOWL £8.75

Rice Noodles / Pak Choi / Beansprouts / Wild Mushrooms  
Spinach / Chilli / Coriander

## TEMPEH & SESAME SALAD £8.95

Tempeh / Mouli / Rainbow Carrots / Cucumber / Beansprouts  
Chilli / Pickled Ginger / Tamari / Sesame Dressing

## LENTIL DHAL £9.75

Lentils / Spinach / Tomato / Mung Beans / Brown Basmati Rice

## NACHO PLATE £6.95

Corn & Wheat Tortillas / Guacamole / Cashew Cheeze / Salsa / Jalapenos  
Sweetcorn / Black Beans

# SOURDOUGH SANDWICHES

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## BBQ JACKFRUIT Served with Himalayan Salted Fries

Pulled Jackfruit / Sauerkraut / Pea Shoots / Chilli

## 'GOATS CHEEZE' Served with Himalayan Salted Fries

Homemade 'Goats Cheeze' / Cherry Tomatoes  
Coconut Balsamic Glaze / Basil

## CHICKPEA 'TUNA' Served with Himalayan Salted Fries

Chickpeas / Kelp / Cucumber / Red Onion / Mixed Leaves

# SELF-SERVICE

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We have a selection of Hot, Cold & Raw dishes available at our Buffet area. This self service option is pay by weight, at £2.10 per 100 grams. These dishes are freshly prepared throughout the day, every day.

## HOW IT WORKS

GRAB A PLATE

1

2

FILL IT WITH YOUR CHOICE OF FOOD

WEIGH & PAY AT THE BAR

3

4

ORDER YOUR DRINKS WHEN YOU PAY

SIT & ENJOY

5

# DESSERT

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Choose a stunning plant-based dessert from our chiller.

## DAILY SPECIALS INCLUDE

Triple Chocolate Cheezecake, Pistachio & Rose Torte, Lemon Chia Pudding, Key Lime Pie and Strawberry Cheezecake

PRICED INDIVIDUALLY

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Add one of these plant-based sides to your meal.

KALESRAW	£1.50
HOT SAUCE	£1.00
HOMEMADE KETCHUP	£1.00
KIMCHI	£1.95
HOMEMADE MAYO	£1.00
HUMMUS	£1.95
HIMALAYAN SALTED FRIES	£3.20
SWEET POTATO FRIES	£3.50
SOURDOUGH BREAD	£1.95

# SIDES & ADD-ONS

## FOOD ALLERGY? ASK BEFORE YOU EAT

Food prepared here may contain or have come in contact with — Peanuts, Tree Nuts, Sesame, Soy Beans, Milk, Eggs, Cereals containing Gluten, Fish, Molluscs, Crustaceans, Mustard, Lupin, Celery, Celeriac, Sulphur Dioxide