

T O D A Y S

BUDDHA BOWL! ZA'ATAR ROASTED CAULIFLOWER,
COURGETTE & CARROT W/ CAPERS & POMEGRANATE
MOLASSES | COUSCOUS TABOULI | SPINACH &
ROCKET SALAD | HARISSA ROASTED CARROT DIP |
| TOASTED PITTA | FRESH HERBS | TOASTED
SEEDS | DRIED CRANBERRIES
(VN)
£9.50

L U N C

SUMMER SPAGHETTI W/ PEA PESTO, FRESH PEAS,
SPINACH, SPING ONIONS, LEMON & FETA
(V) (VN AVAIL)
£8.50
ADD - ROAST CHICKEN & CHORIZO OR
- KING PRAWNS & SPINACH
+ £2

C H

BRUSCHETTA! TOMATO, FENNEL & MOZZARELLA ON
TOASTED SOURDOUGH W/ A HERB & GARLIC
DRESSING & SWEET BALSAMIC
(V) (VN AVAIL)
£7.50

M

ADD - GRILLED SMOKED MACKEREL FILLET
+ £2.50

E N U

ROASTED COURGETTE, PEA & BASIL SOUP
TOPPED W/ PARMASAN, BASIL & TOASTED SEEDS
SERVED W/ FRESH BREAD, BUTTER & MATURE
CHEDDAR (V) (VN AVIAL)
£7

.DIETARY ALTERNATIVES

MANY DISHES CAN BE ADAPTED TO SUIT YOUR DIETARY REQUIREMENTS SO PLEASE ASK

GLUTEN FREE BREAD - EXTRA .70

PLANT BASED BUTTER - NO EXTRA CHARGE

PLANT BASED MILK - NO EXTRA CHARGE

PLANT BASED CHEESE - EXTRA .70

V - VEGETARIAN VN - VEGAN G/F - GLUTEN FREE (BUT GLUTEN PRODUCTS IN THE ENVIRONMENT)

PLEASE LET US KNOW PRIOR TO ORDERING IF YOU HAVE ANY ALLERGIES - THANK YOU