

LUNCH/DINNER

BUILD YOUR OWN

GLUTEN FREE



DAIRY FREE



VEGAN FRIENDLY



VEGETARIAN



Choose 1 Main and 2 Sides

MAINS

Beef: Cuban Beef – GF, DF	£7.80
Chicken: Chipotle Chicken – GF, DF	£7.80
Fish: Smoked Mackerel Tortilla – GF, DF	£7.80
Vegan: Coconut Chana Masala – GF, DF, VE, V	£6.95
Vegan: Smoky Root Vegetable Chilli – GF, DF, VE, V	£6.50

SIDES

Broccoli with sesame, lime & tamari – GF, DF, VE, V
Greens & carrot salad with hazelnuts & lemon dressing – GF, DF, VE, V
Roots with a creamy miso-tahini sauce – GF, DF, VE, V
Romanesco & cauliflower with sumac & paprika – GF, DF, VE, V
Buckwheat & fennel tabbouleh with za'atar squash – GF, DF, VE, V
Dal: Lentils with spices & topped with toasted seeds – GF, DF, VE, V
Potatoes with a horseradish & lemon dressing – GF, DF, VE, V
Rice with black bean, coriander & lime – GF, DF, VE, V

3 Sides	£4.75
Extra Side	£1.75
Extra Main	£2.50

FAVOURITES

The Havana Beef – GF, DF	£7.80
Cuban Beef, Horseradish Potatoes & Sesame Broccoli	
Spicy Chicken – GF, DF	£7.80
Chipotle Chicken, Coriander & Black Bean Rice, Roasted Roots	
The Fisherman – GF, DF	£7.80
Smoked Mackerel Tortilla, Dal, Carrot & Greens	
Vegan Roots – GF, DF, VE, V	£6.95
Smoky Root Vegetable Chilli, Horseradish Potatoes, Sumac Roasted Romanesco	
Vegan Kale Coco – GF, DF, VE, V	£6.50
Coconut Channa Masala, Dal, Coriander & Lime Rice	
Plant Power – GF, DF, VE, V	£5.50
Dal, Carrot & Greens, Roasted Roots & Coriander & Lime Rice	

READY TO GO

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BREAKFAST

Yoghurt, Apple & Cardamom Compote – GF, DF, VE, V	£2.75
Yoghurt & Blackberry Compote – GF, DF, VE, V	£2.75
Autumn Overnight Oats – GF, DF, VE, V	£3.00
Bircher Muesli – GF, DF, VE, V	£2.75

LUNCH/DINNER

Bombay Potato & Chickpea Wrap – DF, VE, V	£5.50
Roasted Chicken & Smoky Sweet Potato Wrap – DF	£5.00
Chilli Tempeh, Black Bean Rice & Coriander Salad – GF, DF, VE, V	£6.50
Roasted Chicken, Pickled Carrot & Rocket Salad – GF, DF	£5.95
BBQ Jackfruit, Rocket & Spinach Salad – GF, DF, VE, V	£5.95
Egg Protein Pot – GF, DF, V	£1.75

BAKED GOODS

Gluten Free Banana Bread – GF, DF, V	£2.20
Brownie – GF, DF, V	£2.00
Blondie – GF, DF, V	£2.00
Muffins – GF, DF, V	£2.20
Blackberry, Granola or Cinnamon	

BREAKFAST

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PORRIDGE

Coconut or Multigrain Porridge – GF, DF, VE, V

£2.60

plus toppings:

+ Peanut Butter, Banana & Honey – **GF, DF, V**

+ Roasted Apple, Ginger & Cardamom – **GF, DF, VE, V**

+ Blackberry Compote & Granola – **GF, DF, VE, V**

EGGS

Frittata & Rye – DF, V

+ Kimchi – **DF, V**

£3.75

+ Tomato Salsa – **DF, V**

£3.50

Shakshuka & Rye – DF, V

£3.50

Spicy Mexican Egg & Rye – DF, V

£3.50

RYE

Rye plus one topping:

+ Avocado & Toasted Seeds – **DF, VE, V**

£3.25

+ Cashew Cream Cheese & Blackberries – **DF, VE, V**

£3.25

+ Tomato Salsa & Soft Boiled Egg – **DF, V**

£3.25

FAVOURITES

Toasted Banana Bread – GF, DF, V

£3.50

with Dairy Free Yoghurt & Compote

Italian Sourdough – GF, DF, VE, V

£3.25

with Avocado & Toasted Seeds