MIX & MATCH MENU

CHOOSE YOUR MAIN

ADD UP TO 3 SIDES

HOT
- Turmeric spinach dhal
- Herby spinach falafel (CONTAINS SESAME)
- Smokey spiced sweet potato wedges
- Nutty black rice
- Stir fried veg with ginger, garlic & arame
- Seasonal roasted veg
- Vegan mash

SALADS
- Broccoli & spinach with balsamic miso dressing (CONTAINS SESAME)
- Crunchy Asian slaw with ginger miso dressing (CONTAINS SESAME)
- Power greens with citrus & apricot vinaigrette
- Coronation cauli-flowers with chickpeas
- Mexican tricolour quinoa
- Spelt & sundried tomatoes & basil pesto

Spelt Veggie Lasagne
- £9.50

Mac & Three Cheeses
- £9.50

Lamb Massaman Curry With Lentils
- £11.50

Pesto Portobello Stuffed Mushrooms
- £9.50

ADD A DRESSING OR TOPPING

ADD AN EXTRA

- Cashew Caesar (CONTAINS NUTS)
- Vegan Chesse sauce (CONTAINS NUTS)
- Butterbean hummus (CONTAINS NUTS)
- Beetroot chipotle ketchup
- Vegan gravy
- Protein seeds

SOURDOUGH TOASTIES
- £6.50

- Chipotle pulled oyster & Portobello mushrooms with Cheddar cheese
- £478 KCAL

- Three cheeses with caramelised balsamic onions

- Pulled mushroom Reuben with ruby krait, mustard, pickles and Vegan Chesse
- £491 KCAL (CONTAINS NUTS)

ALL SERVED WITH A BEETROOT CHIPOTLE KETCHUP

HOT POTS 16OZ
- £5.50

- Smoked salmon & cream cheese bagel

SANDWICHES & PANINIS
- £6.00

- Vegan Mozzarella & kale pesto panini

HAND COOKED WITH ORGANIC INGREDIENTS
NO PRESERVATIVES OR ADDITIVES
NOW COOKED WITH OLIVE OIL

PLEASE ASK US FOR MORE INFORMATION ON ALLERGENS

ADULTS NEED TO CONSUME APPROXIMATELY 2000 CALORIES A DAY.
CALORIES DISPLAYED PER TYPICAL SERVING PORTION.