

# STARTERS

## ACTIVATED TERIYAKI ALMONDS

Activated teriyaki coated almonds.  
£1.95

## RAW CANNELONI

Courgette rolls filled with a macadamia spinach ricotta and chopped black olives.  
Topped with salsa and drizzled with a fragrant tomato coulis.  
£5.95

## STUFFED MUSHROOMS

Hot stuffed chestnut mushrooms stuffed with a delicious nut cheese filling.  
£5.95

## CRACKERZ & CHEESE

Three different raw nut based cheeses, served with raw crackers & sweet apricot chutney.  
£3.95

## RAW FALAFEL BITES

Dehydrated spiced pumpkin & carrot falafel.  
£3.50

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# SOUP

## SOUP OF THE DAY

Please ask a member of staff for today's lovely soup.  
£2.95

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# RAW MAINS

## LASAGNA

An adaptation of the Italian classic, thinly sliced courgette layered with pesto,  
raw cheese and sundries tomato sauce.  
£8.95

## COCONUT CURRY

A creamy coconut curry served with dehydrated vegetables & cauliflower rice.  
£9.95

## PIZZA

Our spin on a legendary dish, a nut base with tomato sauce topped with dehydrated mushrooms,  
zucchini, courgette, peppers & raw cashew cheese courgette.  
£9.95

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# HOT MAINS

## CURRIED QUINOA

Seasoned quinoa mixed with chestnut mushrooms, red onion, red pepper, kale & spinach  
coated in turmeric & cayenne pepper topped with avocado.  
£9.95

Add Roast Chicken £2.95

## TOMATO & AUBERGINE BAKE

Thinly sliced, layered aubergine, sweet potato mash, mushrooms & red onions baked  
in a red pepper sauce & topped with a cashew nut cheese.  
£8.95

## BAKED SWEET POTATO

Filled with roasted mushrooms, herbs, red onion, chick peas, crispy kale & cherry tomatoes.  
£9.95



# SALADS

## PAD THAI

A light healthy take on Pad Thai with spiralized courgette & carrot, mixed with red cabbage & bean sprouts topped with cashews & a sweet thick nutty dressing.

£5.95

## SUPERFOOD

A healthy selection of spinach kale avocado & beetroot, served with a quinoa & topped with pumpkin seeds & a sweet garlic dressing.

£5.95

## CEASER & TACO

Our version of this classic salad is made with romaine lettuce, chopped cucumber, roasted chickpeas & croutons, served with raw walnut & raw parmesan toppings & a creamy zesty dressing.

£5.95

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# KIDS

## BREAD STICKS WITH DIPS

Warm organic rye bread strips served with house made dips & jams.

£3.50

## MINI MASH

A bowl of sweet potato mash served with carrot sticks & beetroot ketchup.

£3.95

**FOR ANY KIDS RAW PORTIONS PLEASE ASK**

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# SHARING PLATTERS FOR 2

## RAW NUT CHEESE & CRACKER BOARD

A sharing selection of our three different raw nut based cheeses which are served with raw crackers & sweet apricot chutney.

£10.95

## RAW SHARING BOARD

Here we have a selection of our raw main dishes prepared in smaller portions for friends & partners to share.

£11.95

## RAW DESSERT PLATTER

A selection of signature raw desserts cut up into smaller pieces for friends & loved ones to share & enjoy.

£8.95

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# SIDES

**HUMMUS** £1.50

**SALSA** £1.50

**BEETROOT KETCHUP** £1.50

**NUT CHEESE** £1.95

**SWEET POTATO CHIPS** £1.95

**HOT KRISPY KALE** £2.25

