

# PLANT-BASED MENU

## BREAKFAST & BRUNCH

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### PB BREAKFAST 9

Grilled flat mushrooms, cherry vine tomatoes, wilted spinach, homemade baked beans, avocado & toasted sourdough.

### ORGANIC SMOKED TOFU SCRAMBLE 8.50

Roasted cherry vine, kale, toasted sourdough bread

### VEGAN TERIYAKI TOFU 9.50

Organic smoked tofu, asian greens, vegan hollandaise, toasted sesame seeds, served on toasted sourdough.

### TOMATOES & HOUMOUS 7

Grilled cherry vine tomatoes on toasted sourdough with houmous topped with tomato & avocado salsa.

### VEGAN & GLUTEN-FREE PANCAKES 9

Vegan & Gluten-free pancakes with banana, apple & blueberry

## BURGERS

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### FALAFEL BURGER 12

Homemade falafel in a pretzel bun with houmous, vegan mayo, cucumber, tomato, onion & lettuce. Served with fries.

### BLACK BEAN BURGER 12

Avocado, carrot, red cabbage, chipotle, vegan mayo in a pretzel bun. Served with fries.

### MISO MUSHROOM BURGER 12

Avocado, pickled cucumber, carrot, Asian ranch sauce. Served with fries.

## BOWLS & SALADS

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### SUPERFOOD SALAD 9.50

Quinoa, tenderstem broccoli, edamame beans, spinach, avocado, toasted pumpkin seeds, pomegranate with house vinaigrette.

### ROASTED ZA'ATAR AUBERGINE 8

Pomegranate, dukkah, preserved lemon, smoked tomato & maple tahini dressing.

### FALAFEL BOWL 11

Roasted vegetable & Homemade Falafel with spinach, pickled red cabbage, carrot, maple tahini dressing & dukkah.

### VEGAN POKE BOWL 11

Teriyaki tofu, quinoa, avocado, spinach, pickled cucumber radish, toasted sesame seeds, pickled red cabbage with Asian ranch sauce.

## SOUP OF THE DAY

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### PLEASE ASK FOR TODAY'S OPTION 7

Served with toasted sourdough.

Many dishes can be made, or are naturally **gluten-free**, just let us know your dietary requirements. If you have an allergy please speak to a member of staff at the time of ordering.

Our food is freshly prepared in our kitchen so we are unable to guarantee it is totally free from allergens.