



menu



lunch

soup of the day 6.50

salads

raw wild mushroom salad 9.50
marinated raw wild mushroom mix, walnuts, cherry tomatoes, spinach with a lemon and cumin dressing (n)

caesar salad 9.50
baby gem lettuce, shiitake anchovy, pumpkin seeds and bread croutons topped with dressing and parmesan shaves (se, s, n)

chickpea popcorn salad 11.00
half a head of iceberg lettuce, dressed with warm spicy chickpea 'popcorn', dehydrated crispy vegetables. Topped with cashew cream sauce and crushed macadamia nuts (n)

patty 12.00
(All contain gluten, nuts and seeds)
whole-wheat spelt and seven cereal grain crust; served with your choice of filling and a side of triple cooked chips or seasonal roast veg (se, g)

- butternut squash mushroom and lentil, tomato
- leek and spinach broccoli and homemade cashew cheese (n)
- seitan salami, creamy mushroom, chili (hot) (n)



burgers

pea-protein burger 12.50
no bun, gluten free, served on two thick slices of grilled aubergine with roast peppers, red onion and a side of roast veg

black bean burger 12.00
black bean and broccoli burger served in a bun with lettuce, tomato slice and a portion of triple cooked chips (s, g)

red lentil burger 12.00
red lentil and cauliflower burger served in a bun with lettuce, tomato slice and a portion of triple cooked chips (s, g)

tofish and chips 13.00
our award winning tofish and chips served with homemade tartare sauce and mushy peas (s, g)

waffles

tofu waffle 12.00
gluten free buckwheat waffle, served with grilled tofu, grilled vegetables, guacamole and a mango, black bean and red pepper salsa (se)

sweet waffle 9.00
gluten free buckwheat waffle served with fresh fruit, soy ice cream and toffee sauce (se)

se = seeds s = soya
n = nuts g = gluten

20% VAT will be added to your bill

dinner

starters

mixed grill 7.00

charred broccoli, asparagus, palm heart on a bed of tomato and olive salsa. Topped with fennel shavings and sprinkled with hemp seed (se)

raw baby-gem taco 6.50

baby gem lettuce leaves, fennel slaw, lentil sprouts, slices of apple and avocado, topped with crushed walnuts (s, n)

raw broccoli rice 6.50

raw broccoli rice served with raw beetroot and butternut squash noodles, avocado mousse and a basil and lime dressing (s, n)

sharing platters

Vegan Express deli board 16.00

BBQ grilled tempeh, seitan salami, grilled tofu, battered onion rings, fried plantain, fried sweet potato with coconut cream, guacamole and mango pepper salsa (s, n, g)

nachos 14.00

a generous helping of nachos served with grilled broccoli and cauliflower, guacamole, mango salsa. Smothered in cashew cream and topped with grated mozzarella (s, n)

taco platter 14.00

taco seasoned Oumph! served with crushed avocado, jalapeno aioli, lettuce, sweetcorn, nacho chips and a mango, black bean and red pepper salsa (s, n)

sides

mixed leaf salad 3.00

beetroot and mixed bean salad 3.00

summer roast vegetables 3.00

triple cooked chips 3.00

fried plantain 3.00



nibbles

smoked hummus 6.50

sweet potato wedges with coconut cream 6.50

onion rings and garlic mayo 6.50

mini cashew cheese balls with

tomato relish 6.50

bean fritters with sweet chili sauce 6.50

mains

aubergine croquette 12.50

grilled aubergine and casher mozzarella croquette, cherry roast vegetables served with a tomato pepper relish and pistachio pesto (s, n, g)

lasagne 13.00

quinoa and sweet potato lasagne made with our rich home-made cashew cream. Served with garlic bread and a side salad (n)

'fish' cakes 13.50

fonio and sea weed 'fishcakes' served with fennel slaw, mushy peas and lemon green beans (s)

bean loaf 13.50

served on a polenta base with savoy cabbage, grilled broccoli, courgette and a red-wine reduction

triyaki tofu 14.00

chargrilled tofu marinated with teriyaki sauce, served with broccoli florets, mung bean, sun blush tomato finished with mango and papaya salsa (s)

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pizza

our bases are homemade with whole grain, seven-cereal flour making them really crusty and tasty. You can also have gluten free base (white flour) for an additional £2 per pizza. We can unfortunately not guarantee that any of our pizzas are nut free.



margherita	10.50	mushroom white sauce	12.50
tomato sauce, vegan mozzarella and fresh basil (se, n, g)		white cashew cheese sauce, mushrooms, artichoke, smoked garlic, topped with fresh spinach and almond flakes (se, n, g)	
artichoke and spinach	12.00	butternut pistachio	13.50
tomato sauce, vegan mozzarella, spinach, chestnut mushroom, artichoke, red peppers and cherry tomatoes (se, n, g)		butternut squash sauce, mushroom, pistachio nuts, broccoli florets, cherry tomatoes, rocket and truffle oil (se, n, g)	
garden pizza	11.50	seitan pineapple	12.50
tomato sauce, vegan mozzarella, mushroom, peppers, courgette, cherry tomato and fresh rocket (se, n, g)		tomato sauce, vegan mozzarella, seitan salami, red peppers, sweetcorn and pineapple (se, n, g)	
green express	12.00	Oumph! feast	13.00
spinach and asparagus cheese sauce, broccoli florets, cauliflower florets and shaved fennel (se, n, g)		tomato sauce, vegan mozzarella, Oumph!, seitan salami, red onions, mushroom, black olives and fresh rocket (se, s, n, g)	
seitan salami (hot)	13.00	cauliflower white sauce	12.00
tomato sauce, vegan mozzarella, seitan salami, roasted red peppers, olives, chili-flakes and fresh rocket (se, s, n, g)		white cashew cheese sauce, cauliflower florets, smoked garlic topped with almond flakes (se, n, g)	
rosso	13.00	almond ricotta	13.00
tomato sauce, vegan mozzarella, caramelised red onion, sun blush tomato pesto, oven charred red peppers, topped with tofu cottage cheese (se, s, g)		tomato sauce, vegan mozzarella, grilled aubergine, artichoke, almond ricotta, pine nuts and parmesan (se, n, g)	
cashew ricotta	13.00	super spinach	12.00
white cashew cheese sauce, spinach artichoke, roast aubergine cubes, roasted red peppers and sun blush tomatoes topped with sunflower seeds (se, n, g)		tomato sauce, vegan mozzarella, butternut squash cubes, pistachio nuts, wilted spinach, cashew mozzarella, broccoli florets and cherry tomato (se, n, g)	

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