



# menu





## salads

**super food salad** 9.00  
grilled courgette, mung bean sprouts, sweet peas, avocado and quinoa (s)

**vegan express green bowl** 10.50  
fresh seaweed, kale, spinach, avocado, mung bean sprouts, lentil sprouts, beet root noodles and west african fonio (s)

## burgers

**pea-protein burger** 11.50  
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** 11.00  
black bean and broccoli burger served in a bun with lettuce, tomato slice, home made mayo and a portion of triple cooked chips (s, g)

**cumin and red lentil burger** 11.00  
red lentil, cumin and cauliflower burger served in a bun with lettuce, tomato slice, home made mayo and a portion of triple cooked chips (s, g)

## best seller

**tofish and chips** 12.50  
our award winning tofish and chips served with homemade tartare sauce and mushy peas (s, g)

## waffles

**tofu waffle** 11.50  
gluten free buckwheat waffle, served with grilled tofu, grilled vegetables, guacamole and a mango, black bean and red pepper salsa (se)

**sweet waffle** 8.00  
gluten free buckwheat waffle served with fresh fruit, soy ice cream and toffee sauce (se)

## 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** 11.50  
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** 15.00  
taco seasoned Oumph! served with crushed avocado, jalapeno aioli, lettuce, sweetcorn, nacho chips, taco shells and a mango, black bean and red pepper salsa (s)

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

service charge will be added to your bill

## available every weekend

### sunday roast

homemade bean loaf, roast potatoes, carrots, savoy cabbage, grilled mushroom and rich gravy

## 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)

### lentil sprout and bean fritters 8.00

lentil sprout and bean fritters with buffalo sauce

### raw green warrior 8.50

crushed peas, chopped spinach, courgette noodles, broccoli rice lentil sprouts

### houmous 6.50

houmous, olives and homemade flat bread (g, se)

### cashew cheese balls 7.00

cashew cheese balls, sweet chili sauce (s, n)

## sides

onion rings and garlic mayo 5.00

mixed leaf salad 3.50

mixed roasted vegetables 3.50

triple cooked chips 3.50

fried plantain 3.50

garlic bread 3.50



## mains

### aubergine croquette 12.50

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

### lasagne 13.50

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

### miso roast vegetables and jackfruit 12.00

miso roast vegetables, braised jackfruit and enoki mushroom, savoy cabbage, nigella seeds (s, se)

### tandoori tofu 12.50

tandoori tofu, tomato bulgur wheat, green bean, mango and papaya salsa (s, g)

### marinated globe artichoke 13.50

marinated globe artichoke heart, chargrilled cauliflower, minted buckwheat, pomegranate, tahini dressing (s)

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 Vegan Express

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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 (rice and quinoa flour) for an additional £2 per pizza. We can unfortunately not guarantee that any of our pizzas are nut free.



<b>margherita</b>	<b>9.50</b>	<b>mushroom white sauce</b>	<b>11.00</b>
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)	
<b>artichoke and spinach</b>	<b>11.50</b>	<b>seitan pineapple</b>	<b>11.50</b>
tomato sauce, vegan mozzarella, spinach, chestnut mushroom, artichoke, red peppers and cherry tomatoes (se, n, g)		tomato sauce, vegan mozzarella, seitan salami, red peppers, sweetcorn and pineapple (se, n, g)	
<b>garden pizza</b>	<b>11.50</b>	<b>Oumph! feast</b>	<b>12.50</b>
tomato sauce, vegan mozzarella, mushroom, peppers, courgette, cherry tomato and fresh rocket (se, n, g)		tomato sauce, vegan mozzarella, Oumph!, seitan salami, red onions, mushroom, black olives and fresh rocket (se, s, n, g)	
<b>vegan victory seitan salami (hot)</b>	<b>12.00</b>	<b>courgette white sauce</b>	<b>11.50</b>
tomato sauce, vegan mozzarella, seitan salami, roasted red peppers, homemade cashew mozzarella, olives, chilli-flakes and fresh rocket (se, s, n, g)		white cashew cheese sauce, courgette, smoked garlic topped with almond flakes (se, n, g)	
<b>rosso</b>	<b>11.50</b>	<b>almond ricotta</b>	<b>12.00</b>
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)	
<b>cashew ricotta</b>	<b>12.50</b>	<b>super spinach</b>	<b>12.00</b>
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, broccoli florets and cherry tomato (se, n, g)	
<b>butternut pistachio</b>	<b>12.50</b>	<b>four seasons</b>	<b>12.50</b>
butternut squash sauce, mushroom, pistachio nuts, broccoli florets, cherry tomatoes, rocket and truffle oil (se, n, g)		tomato sauce, vegan mozzarella seitan salami, anchovy mushroom, artichoke, black olives and capers (se, n, g)	

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