

## Hearty breads



Choose from tiger / wholemeal bread or a ciabatta roll or gluten-free bread. All can be made into a TOASTIE ON REQUEST.

## Sandwich ↘ £3.50

- Vastrami - cheese, tomato, gherkin, lettuce, mayo, mustard and seasoning.
- Zteak - cheese, tomato, gherkin, lettuce, mayo, mustard and seasoning.
- Veg – hummus, tomato, lettuce, and veg of the day.

## Panini ↘ £3.50

- Zteak or Vastrami - Cheese, tomato, gherkins, mayo, mustard and seasoning.
- Tomato & cheese – mayo and gherkin.
- Cheese & yeast extract – cheddar cheese with Tesco yeast extract.

## Wraps ↘ £4.00

Main fillings vary on the day depending on special of the day also filled with a mix of cheese, hummus, avocado (when available) and lettuce all served in a warm tortilla wrap.



## Frozen-to-Go



We offer a range of fresh cooked frozen meals for you to take home! ↘ £3.50

Please ask us what options are available on the day as meals vary from enchilada's, curries, lasagne and rice dishes.

No refined oil /sugar  
 Low refined oil /sugar  
 Refined oil /sugar

✓ Plant Based  
✓ Gluten free options  
✓ 100% Vegan  
✓ Dairy/Animal free  
✓ Healthy options  
✓ Ethical

## Daily Specials ↘ £5.00



Our daily specials are nutritionally dense full of flavour and are based on what is available on the day to ensure the kitchen is as zero waste as possible.

Tue: **Mock Meat Special** – Zteak or alternative meat with accompaniments.

Wed: **Be Kind Curry** – a different curry option available each week.

Thu: **Everything Enchilada** – black beans specials or enchilada.

Fri: **Fusion Friday** – a mix of culinary disciplines varies each week.

Sat: **Luscious Lasagne** – served with garlic bread.



## Light meals ↘ £3.00

### Quesadilla

A grilled wrap filled with beans of the day & grated cheese.

### Burrosa

A cross between a burrito and samosa but without the oil.  
A baked wrap filled with rice, curry and chilli beans with cheese.  
(Not always available)



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## Crepes ↗£3.50

Our crepes are made with our special BKK batter which is both fat and gluten free. Filled with banana or roasted pineapple (if in stock), date sugar. Choose from Bischof, Peanut Butter, Almond Butter, Chocolate or Strawberry Syrup. Topped with cream and served with ice cream.

Please see specials board as depending on the day they may not be on offer.



## Sweet Treats

Indulge your sweet tooth with some delicious gluten-free treats. Due to demand some options may not always be available on the day.

### Chocolates ↗£1.25 - £2.00 (GF)

Please ask for what is available on the day.

### Chocolate brownie ↗£2.00 each (GF)

Made from lentils or black beans, dates, banana, topped with caramel style topping, pecan nut or walnut.

### Banana oat cookie ↗£2.00 each (GF)

Our famous donut shaped cookie is the perfect way to start the day. Made with banana, peanut butter, oats and date sugar. Chocolate & Ginger or Cinnamon Pecan.

### Fudgy Crunchy Cookies ↗£1.80 each (GF)

Ever popular, this gluten free treat delivers your taste buds with a chocolate fudge biscuity experience.

### Cake slice, Muffins, Scones £2.00 each (GF)

Please see board for details as they may not always be available.



## Drinks

Our protein shakes and smoothies are perfect when you feel like a quick meal on the go.

### Milkshake ↗£3.50

Slightly healthier than the traditional version as it uses frozen banana coconut as a base so uses less ice cream and made with soya milk. Flavours: Peanut Butter, Bischof, Vanilla, Chocolate & Berry.

### Fresh ground coffee ↗£1.70

Choose from an espresso or Americano made with Oatly, served with a Bischof biscuit.

### Steamer or Iced Coffee ↗£2.00

Made with steamed organic soya milk or Oatly with a flavour of your choice: syrup or spice.

### Tea ↗£1.00

Choose from our large selection of herbal teas, Rooibos. Earl Gey or English breakfast.

### Soft fruit drinks ↗£1.25

## Deli-to-Go

We have a variety of options. Due to demand some options may not always be available on the day.

### Zteak ↗£1.50 each (seitan, wheat)

### Zalmon ↗£3.50 per tub 250g (Frozen only)

### Vastrami ↗£1.80 per 100g (seitan, wheat)

### Viltong ↗£1.80 per 50g (seitan, wheat)

### Green Vie Cheese ↗£1.50 per 100g

(Varies depending on supply: cheddar, gouda, mozzarella and pizza style)

### BBK Cream cheese ↗£1.80 per 150g tub

### BKK Toasted seeds ↗£2.00 per 150g tub

### BKK Doggy Treats ↗£1.50 per tub (not always in stock)



**Note: All ingredients are plant based and subject to availability and prices may change accordingly.** We offer 100% delicious plant-based food that can contain **peanuts, tree nuts, seeds, celery, mustard, sulphites, soya or gluten.** Please be aware of this when ordering from us and do not hesitate to ask our staff about the ingredients that we use in all of our dishes. If you do have a food allergy unfortunately we cannot be responsible for any injury, loss or damage claimed by any guest as we are open and transparent about our ingredients and food preparation methods.