

Breakfast

served all day

Sausage Ciabatta

7.75

Simply two vegan sausages served in grilled ciabatta bread

Allergens: Wheat (gluten), soy beans, garlic, onion, sulphates (vinegar-ketchup)

Breakfast Ciabatta

11.50

Two vegan sausages, vegan fried "egg" and tofu bacon served in grilled ciabatta bread

Allergens: Wheat (gluten), soy beans, garlic, onion, sulphates (vinegar-ketchup)

Avocado Toast

9.50

GF available

Smashed avocado with tomato, pepper and onion on charcoal bread, served with a dressed leaf salad

Allergens: Wheat (gluten), tomato, pepper, onion, sulphates (dressing)

Avocado and Feta Toast

12.50

GF available

Smashed avocado and vegan "feta cheese" with tomato, pepper and onion on charcoal bread, served with a dressed leaf salad

Allergens: Wheat (gluten), tomato, pepper, onion, sulphates (dressing)

Tofu Bacon Butty

8.25

GF available

Fried tofu "bacon" served in a brioche bun

Allergens: Wheat (gluten), soy beans, garlic, onion, sulphates (vinegar-ketchup)

V-BLT

8.25

GF available

Fried tofu "bacon" with tomato and lettuce served in a brioche bun

Allergens: Wheat (gluten), soy beans, tomato, garlic, onion, sulphates (vinegar-ketchup)

Oomelette

11.55

gluten free

A tofu-based "omelette" with tomato, pepper and onion, served with a dressed leaf salad

Allergens: Soy beans, tomato, onion, sulphates (dressing)

Cheese and Bacon Oomelette

13.75

gluten free

A tofu-based "omelette" with shredded tofu "bacon", "cheese", tomato, pepper and onion, served with a leaf salad

Allergens: Soy beans, tomato, onion, sulphates (dressing)

Mushroom Oomelette

13.75

gluten free

A tofu-based "omelette" with fried mushrooms, tomato, pepper and onion, served with a leaf salad

Allergens: Soy beans, tomato, onion, sulphates (dressing)

GF - gluten free

Toasties

8.75

served in charcoal bread (or GF available upon request) with a dressed leaf salad

Tomato and Pesto

"cheese", tomato, nut-free green pesto

Allergens: Wheat (gluten), tomato, garlic, sulphates (dressing)

Cranberry

"cheese", cranberry sauce, herby garlic cashew sauce

Allergens: Wheat (gluten), garlic, onion, nuts, sulphates (dressing)

Pickle and Mustard

"cheese", gherkins, wholegrain mustard

Allergens: Wheat (gluten), mustard seeds, sulphates

Spinach Non-Chorizo

"cheese", spinach, chorizo spices

Allergens: Wheat (gluten), garlic, onion, pepper, sulphates (dressing)

Jalapeño

"cheese", jalapeño

Allergens: Wheat (gluten), pepper, sulphates (dressing)

Sauerkraut

"cheese", sauerkraut

Allergens: Wheat (gluten), mustard seeds, sulphates (dressing)

Onion

"cheese", fresh onion

Allergens: Wheat (gluten), onion, sulphates (dressing)

"Cheese"

Allergens: Wheat (gluten), sulphates (dressing)



Lunch Dishes served with tortilla crisps and a dressed leaf salad

I don't give a schnitzel 18.75

Two "schnitzels", "cheese", a sauerkraut slaw, grated beetroot, shredded tofu "bacon", parsley and mayo, served in a brioche bun

Allergens: wheat (gluten), soybean, onion, mustard, vinegar (sulphates)

Vegan Cluck 18.00

Vegan breaded "chicken", tofu "bacon", iceberg lettuce, tomato, onion, gherkins, mayo and ketchup served in a toasted brioche bun

Allergens: wheat (gluten), soybean tomato, garlic, onion, sesame seeds, vinegar (sulphates)

Hot Jalapeño "Cheese"burger 18.00

Vegan burger, "cheese", lots of jalapeño peppers, lettuce, peppers, house-made burger sauce served in a brioche bun

Allergens: wheat (gluten), soybean, pepper, garlic, onion, vinegar (sulphates), jalapeño

Herbivore Burger 18.00

Vegan burger with lettuce, tomato, pickles, and house-made sauce in a sesame seed sprinkled beetroot bun

Allergens: wheat (gluten), garlic, onion, tomato, soybean, sesame seeds, vinegar (sulphates)

Kid'O'Burger 10.50

Just a great vegan burger with ketchup and lettuce in a brioche bun served with a small salad and tortilla crisps

Allergens: wheat (gluten), soybean, garlic, onion, tomato, vinegar (sulphates)

Ghost of Christmas Past *GF available* 16.50

House marinated tofu, fried onion, cranberry sauce and herby garlic cashew sauce toasted in ciabatta

Allergens: wheat (gluten), onion, soybean, garlic, celery, cashew nuts

Shawarmageddon 17.00

House made shawarma-spiced seitan with a red cabbage slaw, peppers and tzatziki-style mayo, served in a grilled wrap

Allergens: wheat (gluten), celery, pepper, garlic, onion, citrus fruit, vinegar (sulphates)

Torpedo Marinara Balls 15.50

Toasted long bun filled with melted "cheese", vegan meat balls and marinara sauce

Allergens: wheat (gluten), soybean, onion, garlic, celery, tomato

Sticky Gochujang Tofu in Pancake 17.50

Crispy tofu in thick, sweet and spicy Gochujang sauce and sesame seeds, with fresh cucumber and carrot salad served in a spicy pancake

Allergens: wheat (gluten), soybean, sesame, tomato, garlic, chilli

Orange Tofu 17.50

Crispy tofu in sweet and tangy orange sauce an sesame seeds, sprinkled with spring onions, served with rice and pickled carrots

Allergens: wheat (gluten), soybean, sesame, tomato, garlic, chilli, citrus fruit, ginger, onion

Chilli Bean Crunchwrap 17.50

Mixed beans chilli, beef style seitan, tomato and "cheese" served as a crunchwrap

Allergens: wheat (gluten), celery, tomato, garlic, onion, chilli

Trip to Mexico *GF available* 17.50

Mexican style seasoned tofu, spiced cashew sauce, "cheese", sweetcorn, red kidney beans, tomato, avocado and crushed tortilla chips served as a crunchwrap

Allergens: wheat (gluten), soy beans, tomato, garlic, onion, cashew nuts, vinegar (sulphates)

Smoky Soul stew *GF available* 14.00

Butter beans and chickpeas in a thick and flavoursome tomato-based stew, served with ciabatta bread

Allergens: wheat (gluten), celery, tomato, garlic, onion

Chilli Bean Bowl *GF available* 14.00

Mixed bean chilli served with garlic ciabatta

Allergens: wheat (gluten), soy beans, tomato, garlic, onion, peppers chilli,

Soup *GF available* 8.00

Home made soup served with ciabatta bread

Allergens: check with our staff when ordering

Salads

Fiesta salad *GF available* 16.50

Mexican spiced tofu, sweetcorn, kidney beans, tomato, pepper, cucumber, avocado, seeds, leaf salad

Allergens: wheat (gluten), soy beans, tomato, garlic, onion, vinegar (sulphates)

Falafel salad *GF available* 16.50

Falafels, tomato, pepper, cucumber, crispy onion, seeds, leaf salad

Allergens: wheat (gluten), soy beans, tomato, garlic, onion, mustard seeds, vinegar (sulphates)

Sides and Extras

Side salad - 4.00

Sauerkraut - 3.50

Pickles - 3.50

Tortilla Crisps + Salsa - 4.00

6 Falafels - 6.00

Vegan "egg yolk" sauce - 4.00

Jalapeños - 3.00

Vegan Mayo - 0.20

Hot Sauce - 0.20

Ketchup - 0.10