

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

12.00

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

11.95

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

13.95

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

13.95

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

8.95

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 11.00

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)

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 16.50

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

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

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)

Jammin' Jerk Tacos 17.50

Three spicy jerk tofu tacos with pineapple salsa, mayo and lettuce

Allergens: barley (gluten), celery, soy beans, garlic, onion, peppers, pineapple, chili, coriander, citrus, wheat (gluten)

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

Green Thai Curry 17.50

Fragrant green Thai curry with vegetables and tofu served with rice, fresh coriander and leaf salad

Allergens: barley (gluten), soy beans, tomato, garlic, onion, chilli, coriander, citrus, coconut

Sticky Gochujang Tofu in Pancake 17.50

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

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

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)

Feta salad *GF available* 16.50

Vegan "Feta", shredded tofu "bacon", tomato, pepper, cucumber, served on a leaf salad with roasted seeds

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

Please tell our staff if you have any food allergies!

Note that we use nuts, gluten, garlic, onion, soya, tomato, citrus fruits and other potential allergens extensively in our kitchen. Some ingredients are made in factories that handle celery, nuts, eggs and milk. Please check with our staff if you require further details.

All food and cakes we serve are vegan!

Food is subject to availability.