

## **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)

### **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

### **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)

## **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

### **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)

#### **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.

If you are lucky enough to look under 25, we will ask for your ID before serving you alcohol.