



PLANTARIUM CAFE

www.plantariumcafe.co.uk, 01789 508 743

Open Monday to Saturday 10am to 5 pm

Last food order 4 pm

Toasties

8.95

Made with charcoal bread (or Gluten Free available upon request), served 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)

Mushroom

"cheese", fried mushrooms and onions

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

"Cheese"

Allergens: Wheat (gluten), sulphates (dressing)

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

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 leaf salad

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

Avocado and Feta Toast

12.50

GF available

Smashed avocado and vegan "feta" with tomato, pepper and onion on charcoal bread, served with a 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 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)

Lunch

served all day

Wraps and burgers are served with tortilla crisps and a leaf salad with tomatoes, peppers, cucumber and house dressing

Trip to Mexico

17.50

GF available

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

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

Vegan Cluck

18

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

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

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

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

Kid'O'Burger

11

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)

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

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)

Shawarmageddon

17

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)

Tofu BBQ Wrap

17.50

BBQ seasoned tofu, sour pickled cucumber, red cabbage, lettuce, tomato, onion and mayo served in a grilled wrap

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

Buffalo Tofu Wrap

17.50

Buffalo style tofu with medium or hot buffalo sauce, carrot, lettuce and sweetcorn and mayo, grilled in a wrap

Allergens: wheat (gluten), cashew nuts (sauce), citrus fruits, garlic, soybean, onion, chili

Orange Tofu

17.50

Battered tofu in a sweet and tangy orange sauce sprinkled with spring onions and sesame seeds, served with rice, pickled carrots and a leaf salad

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

Sticky Gochujang Tofu Pancake 17.50

Crispy tofu in a thick, sweet and spicy Gochujang sauce and sesame seeds in a spicy pancake with pickled carrots and a leaf salad

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

Large Salads

Fiesta salad

17

GF available

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

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

Falafel salad

17

GF available

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

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

Feta salad

17

GF available

Vegan "Feta", shredded tofu "bacon", tomato, pepper, cucumber, roasted seeds, leaf salad

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.

If you are happy, tell a friend. If you are not, then tell us.