

RECIPES FROM TRAVELS AROUND THE WORLD



RAFIKIS



Karibu Rafiki. (welcome friend)

JULY BRUNCH MENU

Served from 10am to 3pm

We change our brunch menu monthly so our food is as seasonal as possible and it keeps it interesting for all of us! Old favourites return and new dishes are tried. If you don't like our selection this time, come back and try something new another time. *Please enjoy and accept our menu as it is, alterations and requests slow down the kitchen for everyone.*

Allergies! Please let us know when ordering if you have an allergy, BUT be aware we are a small kitchen and cross-contamination is a risk!

ON TOAST:

- **Smashed Peas with Roast Cherry Vine Tomatoes ***

Our British and more sustainable version of smashed avo! Topped with chilli oil (Ve, can be GF)

£11.50

- **Tomato and Chickpea Salsa With Mint, Basil and Pistachio Pistou *** (N, Ve, can be GF)

£12.50

Served at room temperature

For a fuller plate add:

Egg - poached or fried + £1.50

Feta, Halloumi, Smoky tofu + £3 or any Sides

Canadian Pancakes (Ve) £11.50

With Greek yoghurt (dairy) or Coconut yoghurt (Ve), syrup, & seasonal compote or fruit.

Add organic Dartmoor Blueberries, Granola Crunch, Sweet & Salty Almonds, or Sweet Hazelnut Butter + £2.65 each

Chocolate, Peanut & Banana Eggy Bread (N) £12.65

Soft homemade bread, sandwiched with chocolate, peanut butter and smashed banana, soaked in milk and egg and fried, served with yoghurt & cinnamon

The Big Bahn Mi (N, M, can be Ve, can be GF) £12.65

Vietnamese street food and a Rafikis classic.

Fried tofu & egg, mint, cucumber and do chua pickle, fresh coriander & basil, spicy peanut sauce & Sriracha packed into a demi baguette.

Add House Kimchi or Teriyaki Mushrooms + £2 each

Masala Omelette (GF, M)

£15.50

Deliciously spiced and packed with green chilli and coriander, served with chickpea relish, fresh pickles, salad and mango yoghurt. - £1 from each dish sold goes to the Gabriel Foundation - the charity we support in India - see our 'story so far' for more info

Mexican Baked Eggs * (can be VE, can be GF)

£15.00

Black beans & kidney beans in a spiced tomato sauce, with 2 eggs or roast courgette, served with sour cream (or soya), smashed peas, jalapeño chillies, pickled red onion, coriander, lime, and a warm tortilla wrap.

Creamy Courgette Concot

£14.50

Tis the season for courgettes in abundance and Concot is back! Courgettes are grated and mixed with double cream, tarragon, egg, and Gruyere cheese in a comforting baked skillet dish. Served with buttered toast and green salad.

SIDES

Organic Cuddyford Leaf Salad & tamari seeds (GF, Ve, M)

£4.00

Homemade Wedges (GF)

£4.50

Plain or with:

Chilli, rosemary & fennel salt (Ve) +50p

Melted Cheddar cheese +£2

Sriracha mayo (Ve) +£1

Paprika Roast Carrot Hummus (Ve, S, GF)

£4.00

Feta with Fennel Oil (GF)

£4.50

Roast Cherry Vine Tomatoes (Ve, GF)

£4.00

Roast Courgettes (Ve, GF)

£4.00

Warm Flatbread drizzled with Olive Oil (Ve)

£3.00

Add **Z'aatar** inside (Ve, S) + £1

Rafikis Seeded Bread & Butter (S)

£4.00

Sweet & Smoky Fried Organic Tofu (Ve, GF)

£4.00

Griddled Halloumi (GF)

£4.50

Housemade Mak Kimchi (Ve, GF)

£3.50

Allergen codes

Vegan: **Ve**

Gluten Free: **GF**

Contains nuts: **N**

Contains Sesame: **S**

Contains Mustard: **M**

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