

Breakfast

from 9.00 am until 11.30 am

Pretty Pancakes £11.95

Pancakes with maple syrup/vegan chocolate sauce and fresh banana and blueberry

ALLERGENS : wheat, soy

Smavo £10.95

Avocado on seeded toast with Vegan crumbled feta, edamame beans and fresh salad (Add V bacon £ 2.50)

ALLERGENS : wheat, soy, sulphur dioxide, metabisulphite (sodium and potassium)

Tofu topple £10.95

Scrambled tofu with hummus on seeded toast, topped with crispy kale. (can be GF)

ALLERGENS : soya, sesame seeds, wheat, sulphur dioxide, metabisulphite

Full-on English Fry-up £14.95

Hash browns, vegan sausage, bacon, sautéed mushrooms, baked beans, roasted tomato, scrambled tofu, toasted seeded bread, butter.

ALLERGENS : soya, wheat

Sunrise bliss bap £9.95

Vegan sausage, bacon, smashed avocado, tomato, hash brown, onion chutney, crispy onion all in a vegan brioche bun

ALLERGENS : soya, wheat, sulphur dioxide

BRUNCH ALL DAY

Poke Powerhouses £13.95

Crispy Barbecue Cauliflower or PlantZalmon (marinated carrots) poke bowls with edamame beans, pickled red cabbage, cucumber, radishes, miso dressing and sesame seeds, all laying nicely on a bed of rice.

ALLERGENS : soya, sesame seeds (Can be gluten free)

Fa la la la fel bowl £13.95

Falafel, hummus, fresh salad, pickled red cabbage, cherry tomatoes, cucumber, edamame beans, miso dressing and sesame seeds, all laying nicely on a bed of rice.

ALLERGENS : sulphur dioxide, sesame seeds, soya, metabisulphite (Can be gluten free)

There won't be 'mushroom' left £12.95

Sautéed wild mushrooms with butter bean dip & miso sauce. Finished off with fine shavings of crispy sweet potatoes all piled onto seeded toast.

ALLERGENS : wheat, soya (Can be gluten free)

Salmon staple "but not as we know it" £12.95

PlantZalmon slices (marinated carrots) with Vegan Soft cheese, fresh salad, on toasted seeded bread

ALLERGENS : wheat, soy, sulphur dioxide, metabisulphite (sodium and potassium)

Oysterlicious wings £13.95

Oyster mushrooms in panko bread made crispy, fries and sauce of your choice

ALLERGENS : wheat

Kofta Harmony bowl £13.95

No lamb "meatballs", pitta bread, golden fries, and fresh mixed salad all paired with vegan tzatziki dip.

ALLERGENS : wheat, soya

Burgerlicious £13.95

Vegan smoked patty, melted cheese, pickles, caramelized onion chutney, Vegan bacon, lettuce, tomato all in a vegan brioche bun

Add Chips and sauce of your choice for £3

ALLERGENS : soy, wheat, sulphur dioxide

Miami Louisiana Chick'n Burger £14.95

Chick'n style patty coated in panko crumbed Southern Louisiana seasoning, garlic mayo, lettuce, onions, tomato all in a vegan brioche bun

Add Chips and sauce of your choice for £3

ALLERGENS : wheat, celery, barley malt extract

Tempeh Toast £ 12.95

Smoked tempeh with hummus on seeded bread pillled with fresh salad and edamame beans

ALLERGENS : wheat, soya, sesame seeds, sulphur dioxide, metabisulphite (Can be gluten free)

Cheese toastie £ 8.95

A warm, melty toast layered with vegan cheese, bacon, zesty salsa and crispy onion.

Add Chips for £3

ALLERGENS : wheat, soya

Soup of the day £6.65

ADD ANY EXTRAS TO ANY DISH

£2.50

BACON

SAUSAGE

TOFU SCRAMBLED

AVOCADO

VEGAN FETA

EXTRA SAUCES £1

KETCHUP, MAYO, BARBECUE, S. CHILLI,

HOT CHILLI,

CHIPOTLE MAYO, GARLIC MAYO

Say Cheese

Mac & V cheese

ALLERGENS: wheat, cashews, sulphur dioxide, metabisulphite

KID FRIENDLY MENU

£5.95

kids apple juice £ 1.50

Nugget-licious

4 Plant Nuggets with chips

ALLERGENS: wheat, soya

Any allergies or dietary requirements please ask a member of our staff! Thank you.

All prices includes VAT

Discretionary service charge - 10% will be added to the bill

SHARING PLATES

Loaded hummus £10.95

Pitta bread with hummus, topped with olive oil, cherry tomatoes, cucumbers, mixed olives, red onion, mixed seeds

ALLERGENS : wheat, sesame seeds, soya

Baba ghanoush £7.95

Creamy smoked aubergine dip blended with tahini, garlic and lemon, served with warm pitta bread

ALLERGENS : wheat, sesame seeds

Beetroot and feta salad £9.95

Cooked beetroot, feta, crunchy radish, mixed salad and toasted seeds, all drizzled with rich balsamic glaze. **G.F**

Dirty fries £6.95

Crispy fries coated with your choice of spiced blends-Chipotle or Za'atar-topped with vegan bacon, jalapenos, served with a sauce of your choice

ALLERGENS : soy

Nourished Nachos £13.95

Nachos topped with guacamole, Vegan smoky bacon, salsa, homemade sour cream with chives, jalapeños, crispy onions. **G.F**

ALLERGENS : soy

If Caesar was Vegan £13.95

Crispy lettuce, vegan bacon, croutons, roasted chickpeas, Miami Louisiana Chick'n style patty, Caesar sauce

ALLERGENS: mustard seeds, soy, wheat, malt extract, celery, barley.

Homemade pickled veggies £5.95

Crisp seasonal vegetables, naturally pickled in our house brine for a tangy, refreshing bite. **G.F**

ALLERGENS : sulphur dioxide, metabisulphite



PLANT.EAT.LICIOUS
Vegan food

MENU

Drinks

Espresso	£2.90
Machiato	£2.95
Americano add plant milk for £0.50	£3.20
Flat White	£3.50
Cappuccino	£3.80
Latte	£3.80
Matcha/Chai Latte	£3.80
Iced Lattes Choose your flavour Caramel, Vanilla (£0.50 p syrup)	£3.80
Mocha	£3.80
Hot Chocolate	£3.80
Baby-ccino	£0.80
Tea add plant milk for£0.50	£3.20

Soft Drinks £3.75

- Ginger Beer
- Raspberry Lemonade
- Curiosity Cola
- Cherry Cola
- Mandarin And Seville Orange Jigger
- Rose Lemonade
- Victorian Lemonade
- Elderflower

Dash water -wonky fruits infused

SMOOTHIES

£6.00

Blue Blast super smoothie
Blue spirulina, peach, lime, banana, apple & pineapple

Matcha Power super smoothie
Matcha powder, pineapple, spinach, apple & banana

Cherry Berry classic smoothie
Sweet cherries, strawberries, blackcurrants & banana

Raspberry Heaven classic smoothie
Raspberries, blueberries, mango & apple

Green Reviver super smoothie
Kale, lemongrass, banana & mango

Passion Storm super smoothie
Passion fruit, papaya, peach, pineapple, guava & aloe vera

MILK SHAKES

£6

Salted Caramel

Vanilla

Chocolate

JUICES

£6.00

Green Juice
Kale, cucumber, apple, lime

Licious Juice
Orange, carrot, ginger, apple



PLANT.EAT.LICIOUS
Vegan food

DRINKS MENU

BEER

Corona £6

Stella Artois £6

Brewdog £6

CIDER

Thatchers Gold 500ml Bottle £6

WINES

	Glass	Bottle
Pinot Noir	£6.95	£19.95

Rosé	£6.95	£19.95
-------------	-------	--------

Pinot Grijio	£6.95	£19.95
---------------------	-------	--------

PROSECCO

	Glass	Bottle
Rosé	£6.95	£23.95

White	£6.95	£23.95
--------------	-------	--------