

ALL MAIN COURSES £9.95

SPICY CAULIFLOWER RISOTTO

Spicy cauliflower risotto served with a mint salsa

MUSHROOM STROGANOFF

Sliced portobello mushrooms, whole button mushrooms, homemade vegan cashew sour cream and a rich sauce served with vegan ribbon noodles

BROAD BEAN AND BROCCOLI RICE SALAD

Broccoli rice salad with fennel, mint and grilled tofu topped with tomato pesto sauce

VEGETABLE TAGINE AND SOBA NOODLES

As the hearty tagine simmers away slowly the root vegetables gradually release their natural sweetness and flavours and become the ultimate hearty tagine

FALAFEL BURGER WITH HUMMUS

Falafel burger topped with hummus, pickled beetroot and crispy kale in a homemade gluten free bun and skinny fries

SKINNY MUSHROOM BURGER

Portobello mushroom, vegan Gruyère, homemade gluten free wholemeal bun, with beef tomato, iceberg lettuce, sliced red onion finished with skinny fries a side salad and homemade salsa picante

WEST INDIAN SATAY SWEET POTATO CURRY

Tasty west Indian vegan sweet potatoes and spinach curry made with homemade satay curry served on a bed of cauliflower rice

VEGAN CHIC PEA SWEET POTATO JACKET

Tasty chickpea curry served in a sweet potato jacket

STICKY NOODLES

Soba noodles packed with colourful vegetables or homemade sticky hoisin sauce. Contains nuts and rape seed

SOBA NOODIFS

A light hearty noodle and green bean salad with marinated tofu

THAI SCENTED SWEETCORN AND CHICKEN SOYA BEAN FRITTERS

With a mango and lime salsa finished with ginger and lime Pak Choi

BIRIYANI

Spicy basmati rice dish served with poppadom and vegan raita

SIDES & 3

Asian slaw
Crushed almond and apricot cauliflower rice
Sweet potato fries
Mediterranean mixed salad
Pineapple and sun blushed tomato couscous
Herb crusted baby potatoes

SIDFS & 4

Sweet potato fries with sour cream
Rainbow fries - beetroot, sweet potato and skinny fries
Mediterranean arancini balls with pesto mayonnaise
Olives, sun blushed tomatoes and cheese salad

