

VeganE Menu

All items and ingredients are Vegan and Homemade.

Please inform a member of staff about your allergies or any concerns you may have.

Can be served many Gluten free options with extra £2.00

Starters

1. Seasonal Soup £6.00

2. Fish Tacos..... £8.00

2 tacos and Smoked Tofu in seaweed with spinach and Mayo.

3. Homemade Hummus £6.00

Chickpeas, Tahini, Mediterranean Olive oil, Lime and Lemon Juice served with fresh naan bread.

4. Avocado Hummus £7.00

Chickpeas, Tahini, Mediterranean Olive Oil, Lime and Lemon juice, Avocado served with fresh naan bread.

5. BBQ Jackfruit wrap..... £8.50

lettuce, black beans, tahini ranch, BBQ jackfruit and sweet potato.

6. Samosa (2pcs) £6.50

Mixed vegetables, mushroom, fresh pepper, spring onion and soya mince.

7. Chicken strips..... £6.00

butter up Crispy Chickenish Strips, Mayo.

8. Mac & cheese £7.50

Cheese sauce, macaroni, smoked bacon.

9. Cheesy Garlic Bread..... £ 7.00

Fresh dough pizza bread with organic butter and cheese.

10. Falafel £7.50

Made with chickpeas, potato and lots of fresh herbs and spices wrapped in fresh naan.

11. Aubergine Dip..... £6.50

Smoked Aubergine with garlic and cooked tomatoes served with fresh naan bread.

12. Mezze Plate..... £17.00

Hummus, Aubergine Dip, Chicken Strips

Main Course

13.Spaghetti Bolognese £10.00

Soy mince, plum tomatoes & fresh basil comes with parmigiana.

14.Penne Alfredo £11.00

Penne comes with a creamy mushroom sauce.

15.Homemade Lasagne £12.00

Soy mince, mushrooms and creamy béchamel.

16.Vegetables fry noodle £13.00

Freshly fry Pak Choi, baby corn and broccoli with soy sauce and noodles.

17.Steak and Chips £10.00

Vegan Steak with homemade potato wedges with herbs.

18.Fish And Chips..... £11.00

Fishless Tempeh in seaweed with homemade herb potato wedges come with tartar sauce.

19.Sausages and potato Wedges £10.00

2 Homemade sausages with potato wedges.

20.Parmigiana £11.00

Layers of Aubergine and salsa sauce and fresh basil with Parmigiano cheese.

Stew & Curry

21.Okra stew..... £12.00

Fresh okra with soya chunk mix of herbs and tomato paste served with steamed Saffron rice.

22.Dal stew £11.00

Moong dal cooked with tomato paste and soya mince served with steamed Saffron rice.

23.Stuffed pepper £10.00

2 peppers filled with rice, dal and herbs.

24.Jerk sweet potato & Black bean curry..... £11.00

Caribbean Style curry with Jerk seasoning served with brown rice.

25. Chana Masala £12.50

Super healthy curry with chickpeas, spinach and tomatoes served with brown rice.

26. Thai green curry £11.00

Potatoes, beans, Tofu in green curry sauce served with brown rice.

27. Katsu Curry £11.00

One piece of chickenish in the Mild curry sauce served with brown rice.

Salads

28.Super Grains and greens £9.50

Mixed leaves, feta, sweet potato, quinoa, roasted seeds, house dressing.

+add: Crispy Halloumi £2.50, Avocado £1.00, Brazilian Black beans £1.00

29.Caesar Salad..... £ 8.00

Lettuce and olive oil with chickenish and Caesar sauce.

+add: Crispy Halloumi £2.50, Avocado £1.00, Brazilian Black beans £1.00

30.Tempeh Salad £9.00

BBQ tempeh, spinach, mixed seeds, quinoa and tender broccoli.

+add: Crispy Halloumi £2.50, Avocado £1.00, Brazilian Black beans £1.00

Burgers

31.The Beetroot Burger £10.00

Homemade Mayo, beetroot patty, lettuce, fresh tomatoes and pickles.

add avocado £ 1.00, Brazilian Black beans £ 1.00, vegan cheese £1.00

32.The Sweet Potato Burger £9.50

Oven-baked sweet potato with Halloumi comes with rocket, tomato and pickles.

add avocado £ 1.00, Brazilian Black beans £ 1.00, vegan cheese £1.00

33.The Quinoa Burger..... £8.50

Quinoa, courgette, spinach, tomatoes and pickles.

add avocado £ 1.00, Brazilian Black beans £ 1.00, vegan cheese £1.00

34.Chickenish Burger..... £11.00

Crispy chickenish, rocket, mayo, tomato and smoked bacon and pickles.

add avocado £ 1.00, Brazilian Black beans £ 1.00, vegan cheese £1.00

35.Cheese Beef burger £11.00

Beefless burger, spinach, tomatoes, pickles, burger sauce and melted cheese.

add avocado £ 1.00, Brazilian Black beans £ 1.00

Fries: £2.50 extra

Fries and a soft drink: £5.00 extra

Fries and a fresh juice or Milk shake: £8.00 extra

Fries and an Ice cream: £5.00 extra

Pizza

All pizzas are available with a gluten-free base with £2 extra.

Make your own pizza by adding topics to your Margherita for £0.50 from: Grilled onion, fresh pepper, sweet corn, olives, mushroom, caramelised onion, red chilli, aubergine, peas, green beans, courgette, chilli flake, Jalapenos, extra cheese and Pineapple.

36. Margherita £9.50

Tomato sauce, Mozzarella, Basil leaves.

37. Hawaiian £10.50

Tomato sauce, Aubergine, Pineapple, Mozzarella

38. Hazelnut Nutter..... £12.00

Tomato sauce, Spinach, Mushrooms, caramelised Onion, Green Beans, Vegan Mozzarella, Hazelnuts.

39. Jackfruit £13.00

Tomato sauce, Homemade BBQ Jackfruit, Fresh peppers, Caramelised Onions, Mozzarella, Jalapenos, Tahini Ranch.

40. Hot Special..... £11.00

Tomato sauce, Hot Vegan sausages (**Content Gluten**) and Mozzarella. (chose of fresh pepper for mild chili, or chili Flake for medium Hot or Red Chillies for very Hot pizza.)

41. Beautiful Green £13.00

Green Pesto, Spinach, Peas, Green Beans, Courgette, Mozzarella

The Fourth Apple!

Raw Food

42. Raw Lasagne £10.00

Aubergine, courgette, pesto sauce, cashew cream and tomatoes.

43. Raw Noodle £9.00

Carrots, cucumber, zucchini, red cabbage, rice noodle comes with Pesto.

44. Raw cheesecake £7.50

Fresh seasonal fruits with cashew cheese

45. Raw Pesto Pasta £7.00

Zucchini and broccoli noodle comes with pesto sauce.

Dessert

46. Saffron Rice Pudding (GF)..... £6.00

Rice pudding cooked with Saffron, cardamom and cinnamon. Almonds and Pistachios.

47. Hazelnut Brownie (GF) £6.00

Homemade chocolate Brownie.

48. Carrot Cake £5.50

Homemade Carrot cake with walnuts and fresh carrot comes with Custard.

49. Jelly £4.00

Ice cream and gelato

50. Milkshake £6.00

Fresh fruit and ice cream. Choose from: banana, strawberry or cookie

51. Ice-cream..... £3.50

2 scoops of Vanilla Ice cream.

52. Ice-cream with Jelly..... £5.50

2 scoops of Homemade on top of jelly.

53. Sunshine £11.00

A mix of jelly and ice cream and fresh fruits.

Kids Menu

54. Cheesy Bites £7.00

Crispy Tofu cheese with chips and a fruit shoot.

Swap with fresh juice for £5

55. Chicken nuggets..... £8.00

Homemade chicken nuggets with chips and a fruit shoot.

Swap with fresh juice for £5

56. Kids Spaghetti Bolognese £6.50

Soya mince, vegan mozzarella, plum tomatoes & fresh basil.

57. Kids Sausage and chips £7.50

One Sausage with chips.

Drinks

58. Ginger and celery..... £6.50

Celery, ginger and lemon juice.

59. Green Juice £8.00

Cucumber, spinach, and apples. Boosted with ginger and lemon juice.

60. Mighty Power £14.00

coconut milk, banana, tahini, dates, walnuts and pistachios

(it's a proper meal; please don't try it with your meal. Perfect before or after a workout!)

61. Golden Turmeric Juice £9.00

Apple, carrots, fresh turmeric root and ginger

62. Watermelon juice £7.00

63. Apple and pear juice £6.00

64. Orange juice..... £6.00

65. Mango smoothie..... £9.00

66. Seasonal Juice £9.00

Citrus Mix £9.00 *Mix of orange, tangerine, grapefruit, lime and lemon.*

67. Lemonade £4.50

With freshly squeezed lemon juice and spring water

68. Still Wate (glass bottle 330ml) £2.50

69. Sparkling Water (glass bottle 330ml)..... £2.50

70. Soft Drink £3.00

Coke and Diet Coke, Fanta, Sprite, (glass bottle 330ml)

71.Coffe with soya/almond milk £2.50

72.Espresso £2.00

73.Double Espresso £2.50

74. Cappuccino £3.00

75. Turkish coffee..... £3.00

76.Herbal tea £2.00

77. fresh black tea with cardamom and cinnamon £3.00

78. Saffron tea £4.50

79. full English Breakfast £13.00

2 toast and homemade beans, with vegan sausage and bacon, mushrooms and tomato.