

LUNCH

Served Midday to Kitchen close at 3.30pm

Sharing Platter for 2 £10.50

A sharing platter of two bruschetta (S), falafels (S),homemade roasted carrot hummus (SS), vegan feta & tomato skewers, roasted chickpea (S) and kale chips (S)

Soup of the Day £6.00

Delicious soup (check for daily soup with the waitress) served with homemade croutons

Chickpea Curry £10.45

Chickpeas, seasonal vegetables, served with ginger brown rice, steamed green, roasted cashew nuts (N), and marinated radish

Add - Marinated Tempeh (S) £3.75., Falafels (S) £3.75, Tofu(S) £3.45.

Winter Buddha Bowl £9.95

Stir fried black rice and mushroom (S), crunchy sesame tofu (SS) (S), roasted squash, bok choy, pressed cabbage salad, roasted sesame seed (SS), kimchi and tahini dressing (SS)

Add - Marinated Tempeh (S) £3.75, Falafels (S) £3.75, Tofu(S) £3.45.

Alkalizing Bowl £9.95

Sauteed brown rice with shitake mushrooms, wakame, marinated tempeh, julienne carrots, steamed greens, marinated radish, roasted chickpeas and tahini dressing (SS)

Add - Marinated Tempeh (S) £3.75, Falafels (S) £3.75, Tofu(S) £3.45

Red Bean Burger £11.50

Homemade red bean burger (S) (M) in a toasted bun with Angela's vegan mayonnaise (M,S), lettuce, tomato, gherkins, marinated red onion served with sweet potato fries & ketchup

Lentil Cottage Pie £10.45

Lentil & mushroom stew (S) topped up with sweet and white potato mash and a sprinkle of sesame seeds (SS) and a side of steamed vegetables

Sweet Jacket Potatoes- £9.95

- **Curry** -Chickpeas, seasonal vegetables with steamed greens (N)
- **Falafel** -Falafels (S), hummus and tahini sauce (SS) with a pressed salad

Delicious Wraps £8.85

Served with pressed white cabbage salad

- **Avocado and fresh smoked salmon** (F) with mixed green salad and vegan mayonnaise (M,S)
- **Falafels (S)** with lettuce, carrot, red onion and homemade roasted carrot hummus (S,SS)
- **Marinated tempeh (S)** with beetroot & carrot julienne, mixed green salad and vegan mayo (M,S)
- **Pan fried Tofu (S)** with beetroot & carrot julienne, mixed green salad and vegan mayo (M,S)

Sides

Sweet potato fries £4.50

Black Rice £3.75

Brown Rice £3.75

Kale Chips (S) £3.75

Lemon seasoned broccoli with almond flakes (N) £3.95

Roasted Seasonal Vegetables £3.95

Sauerkraut £1.00

Kimchi £1.00

Mayonnaise or Ketchup 50p

Sliced Avocado £2.25

2x slices of Seed bread £2.50

Falafels & Carrot hummus £4.95

DRINKS

Organic Cold pressed Juices 300ml £4.50

Coco Verde - Romaine, coconut water, kale, spinach, cucumber, lemon, mint

Rouge - Apple beetroot, ginger, lemon, aloe vera

Zenzero - Apple, ginger, lemon, thyme

O'Fresco - Apple carrot, lemon, ginger, turmeric

Organic Shots 60ml £3.00

Hot Shot - Lemon, ginger, cayenne, agave

Cherry Shot - Orange, cherry, lemon

Super Smoothies £5.45

Happucinno – Banana, a shot of coffee, Cocoa Powder, Cashew Nuts, Almond Milk (N)

Ban-nut smoothie – Banana, Peanut butter, Cocoa powder, Maca powder, Almond milk (N)

Incredible Hulk –Banana, kiwi, Cashew nuts (N), Spinach, Spirulina, Almond Milk (N)

Coffee

Flat White, Cappuccino or Latte with your choice of milk small £2.60 large £3.00

Americano small £2.30 large £2.60

Espresso or Macchiato £1.60

Double Espresso £2.10

Hot Drinks

Teas Me-Local & Organic company £2.50

English Breakfast Tea / Earl Grey / Mint /Fresh mint/ Hibiscus & Orange / Chamomile / Green tea & Rose petal /Lemon & Ginger / Green Tea /Citrus Black tea/ Rooibos

Chai Latte- Vegan Chai Latte with a choice of milk £3.75

Turmeric Latte – Turmeric, cinnamon, coconut milk powder, black pepper with a choice of milk £3.75

Matcha Green Tea Latte- Matcha Green Tea powder with a choice of milk £3.85

Barley Cup Latte- A great alternative to coffee with a choice of milk £3.25

Kukicha - Japanese twig tea £2.50

Hot chocolate – Cocoa powder and coconut sugar with a choice of milk £3.85

Cold Drinks

Bottled Water - Still or Sparkling 750 ml £2.50 330ml £1.25

Organic Apple or Pear Juice £2.00

Dalston can – Lemonade / Elderflower / Ginger Beer/ Rhubarb £2.10

Nix-Kix- Fizzy Watermelon & Hibiscus/ Sharp Ginger & Mango £2.10

Karma Kola - £2.50

Remedy Kombucha Bottle - £3.50

Fresh Orange Juice – Orange £3.50

Wines & Prosecco (served 11.30 – 4.30)

25ml 175ml Bottle

Running Duck Merlot £3.25 £4.75 £19.00

Running Duck Chenin Blanc £3.25 £4.75 £19.00

Running Duck Shiraz Rose £3.25 £4.75 £19.00

Prosecco- Col Di Manza Perlage (Vegan) £28.00

Beer (served 11.30 – 4.30)

Wimbledon Brew £4.50

Allergens

Our dishes are full of healthy tasty goodness, however we understand that certain foods can often trigger allergic reactions or intolerances. Our dishes are marked with allergens but please mention to the waiting staff any food allergens or intolerances you may have.

(G) Gluten (C) Celery (E) Eggs (F) Fish (M) Mustard

(N) Nuts (S) Soya (SS) Sesame seeds