



## LUNCH

Served Midday to 15.30

Soup of the Day £6.00 (VE).

Delicious soup (check for daily soup with the waitress) served with gluten free bread

Red bean burger £10.25 (VE).

Veggie bean burger (SS,S) in a toasted bun, topped with homemade vegan garlic mayo, lettuce, tomato, marinated red onion, gherkin served with sweet potato fries & ketchup

Salmon & avocado wrap £6.95

Fresh smoked salmon (F), avocado and spinach leaves with vegan caesar dressing (S) served with a light side salad

Falafel & hummus wrap £6.75 (VE).

Homemade falafel (SS) (S) with mixed salad, marinated red onion, & carrot served with a light side salad

Lentil curry £10.25 (VE).

Lentils with seasonal vegetable curry served with ginger brown rice, steamed greens & pickles

Add - Marinated Tempeh (S) £3.25, Falafels £3.25

Tex Mex bowl £10.25 (VE).

Ginger brown rice, sesame seed crusted tofu (SS) (S), mashed avocado & a sprinkle of marinated red onion, bean stew, sweetcorn, sauté red pepper and spicy coconut yogurt

Special of the week £9.95 (VE).

Our special changes weekly offering a balance of vegetables, grain, protein and greens. Please speak with the waiting staff or check out the boards

Sweet Jacket Potatoes- £9.95 (VE) with either

- Lu-Ma curry- lentils with seasonal vegetables & pickles
- Falafels & hummus with pomegranate dressing & seeds

Sides

Sweet potato fries £3.95

Sauerkraut £1.00

Additional sauces 50p

Shot of maple syrup 50p

(VE)= VEGAN/ (F)=FISH/( SS)= SESAME SEEDS /(E)= EGG/ (S)= SOYA/  
(N)=NUTS/ (G)= GLUTEN