

HUMMUS

VEGAN

WHEAT FREE

NO GLUTEN

DAIRY FREE

ORGANIC



HUMMUS

Allergens in bold. *Permitted non organic ingredients.

Chickpeas, Sunflower Oil, Water*, **Tahini**, Lemon Juice, Olive Oil, Garlic Puree, Salt* and Black Pepper.

VEGAN

NO GLUTEN

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BOILED EGG

NO GLUTEN

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BOILED EGG

Allergens in bold. *Permitted non organic ingredients.

Egg.

NO GLUTEN

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SEASONAL KRAUT

VEGAN

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SEASONAL KRAUT

Allergens in bold. *Permitted non organic ingredients.

Cabbage, Carrot, Butternut Squash, Courgette, Brown Rice Vinegar, Sea salt*, Sugar.

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OMEGA 3 SEED MIX

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OMEGA 3 SEED MIX

Allergens in bold. *Permitted non organic ingredients.

Sunflower Seeds, Pumpkin Seeds, Brown Linseed & Golden Linseed.

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MEXICAN QUINOA

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MEXICAN QUINOA

Allergens in bold. *Permitted non organic ingredients.

Quinoa, black beans, sweetcorn, red peppers, green peppers, red onions, coriander, chilli.

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GREEK SALAD

VEGETARIAN

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GREEK SALAD

Allergens in bold. *Permitted non organic ingredients.

Cucumber, tomatoes, **feta (milk)**, Kalamata olives, red onion, olive oil.

VEGETARIAN

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COLESLAW

VEGAN

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COLESLAW

Allergens in bold. *Permitted non organic ingredients.

Cabbage, Carrot, sunflower oil, **soy milk**, red chilli, coriander.

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CARROT & SESAME

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CARROT & SESAME

Allergens in bold. *Permitted non organic ingredients.

Carrot, **tamari (soy)**, cider vinegar, **toasted sesame oil**, coconut sugar, **black sesame seeds**, cayenne pepper.

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BEET & CRANBERRY

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BEET & CRANBERRY

Allergens in bold. *Permitted non organic ingredients.

Beetroot, cranberries, sunflower seeds, china rose sprouts, olive oil, raspberry, cider vinegar, black pepper, salt*.

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RED COLESLAW WITH PICKLED APPLE

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RED COLESLAW WITH PICKLED APPLE

Allergens in bold. *Permitted non organic ingredients.

Red cabbage, apple, fennel, sunflower oil, currants, beetroot, soy milk, cider vinegar, salt*, sugar.

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KALE CURRANTS & CRANBERRIES

WITH PUMPKIN SEED 'PARMESAN'

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KALE, CURRANTS & CRANBERRIES

Allergens in bold. *Permitted non organic ingredients.

Kale, Cranberries, Olive Oil, Currants, **Walnuts, Walnut Oil**, Cider Vinegar, Pumpkin Seeds.

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CURRIED SWEET POTATO & CHICKPEA

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CURRIED SWEET POTATO & CHICKPEA

Allergens in bold. *Permitted non organic ingredients.

Chickpeas, Sweet Potato, Cabbage, Green Pepper, Red Pepper, Tomatoes, **Curry Powder** (coriander, turmeric, cumin, mustard, cayenne, garlic, salt*, black pepper, ginger, bay leaf), Sunflower Oil.

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SRIRACHA

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SRIRACHA

Allergens in bold. *Permitted non organic ingredients.

Red Pepper, Red Chilli, Water*, Maple Syrup, Lemon, Cider Vinegar, Tomato Puree, Garlic Puree, Salt*.

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SPELT, SQUASH & FIG

WITH CHESTNUT PUREE AND KALE

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SPELT, SQUASH & FIG

Allergens in bold. *Permitted non organic ingredients.

Spelt, Butternut Squash, Carrots, Figs, Kale, Olive Oil, Peas, Cider Vinegar, Chestnut Puree (chestnuts, water*)

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WHEATGRASS DRESSING

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WHEATGRASS DRESSING

Allergens in bold. *Permitted non organic ingredients.

Extra Virgin Olive Oil, Cider Vinegar and Wheatgrass.

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CASHEW CAESAR DRESSING

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CASHEW CAESAR DRESSING

Allergens in bold. *Permitted non organic ingredients.

Cashew Cream, Cider Vinegar, **Tamari (soya)**, Lemon Juice and Umeboshi Puree.

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FARINATA

CHICKPEA FLOUR BREAD WITH
PESTO, COURGETTES AND OLIVES

£2.25

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FARINATA

Allergens in bold. *Permitted non organic ingredients.

Water*, Chickpea Flour, Olive Oil, Courgettes, Olives, **Red Pesto** (extra virgin olive oil, tomatoes, **cashew nuts**, onions, sea salt*, pine nuts, citric acid), Rosemary.

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AVOCADO & WHITE BEAN SMASH

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AVOCADO & WHITE BEAN SMASH

Allergens in bold. *Permitted non organic ingredients.

Cannellini Beans, Avocado, Red Onion, Red Chilli Pepper, Tomatoes, Lemon Juice, Olive Oil, Salt*, Black Pepper* and Fresh Coriander.

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