

# VEGAN

## OUR VEGAN, REDUCED ALCOHOL & CALORIE WINE RANGE

SUNLIGHT SAUVIGNON BLANC,  
TWILIGHT CINSULT ROSÉ & MOONLIGHT SHIRAZ

Try our revolutionary 8.5% ABV wine range made from sustainably grown handpicked grapes.  
At least 30% fewer calories and 35% less alcohol than a typical South African equivalent – available by the glass.

SEE OUR DRINKS MENU FOR PRICING

## TO START

NOCELLARA OLIVES • 2.95


STUFFED PARIS BROWN MUSHROOMS filled with grains, red pepper, fennel, tomato & spring onion salsa, avocado dressing • 6.95

HUMMUS & TOASTED CIABATTA topped with tomato tapenade, crispy chickpeas, pine nuts & pomegranate • 5.50

## MAINS

NOURISH BOWL lentils, quinoa & crispy chickpeas, avocado, roasted cauliflower, ribbons of carrot & mooli, watercress and a slow-roasted tomato toast **2713kJ/646kcal High in vitamin C, B6\*** • 10.50 *Top with: Falafel* • 2.50

PLANT-BASED BURGER in a seeded bun with lettuce, tomato, pickle, coconut tzatziki and slow-roasted tomato tapenade.  
Served with a side salad • 13.95

 ROASTED CAULIFLOWER WEDGE on creamy hummus, grains and toasted pumpkin seeds, topped with dressed watercress & fresh pomegranate • 13.50

SPICED COCONUT CURRY with aubergine, broccoli, a scorched red chilli and sticky jasmine rice • 12.95

MEDITERRANEAN MEZZE FLATBREAD hummus base, roasted chickpeas, Greek-style salad, seeds, avocado & rocket.  
Served with a side salad • 8.95

## SIDES

ROCKET SALAD WITH TOMATO, CUCUMBER, CAPERS, PINE NUTS & LEMON OLIVE OIL • 3.75

SAMPHIRE & BABY SPINACH • 3.75

## DESSERTS

Our vanilla ice cream alternative is made vegan using coconut oil by our friends at Jude's

PLUM, APPLE & DAMSON CRUMBLE demerara crumb & vanilla soya custard or vegan vanilla ice cream alternative • 6.25

BLACKCURRANT MOUSSE biscuit base, fresh strawberries, passionfruit, peach & mango compote • 6.25

VEGAN ICE CREAM OR SORBET **Choose three scoops** from blood orange sorbet or vegan vanilla ice cream alternative, served with fresh berries • 5.25

SALTED CARAMEL BILLIONAIRES BAR chocolate chip cookie base, salted caramel & dark chocolate ganache, vegan vanilla ice cream alternative • 6.50

 WARM LEMON & BLUEBERRY POLENTA CAKE with Herefordshire blackcurrants & soya vanilla custard or vegan vanilla ice cream alternative • 6.95

## ALLERGEN & DIETARY INFORMATION

Our easy to use allergen guide is available for you to use on the food section of our website. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering.

All items on this menu are made with vegan ingredients, however some of our preparation and cooking methods could affect this. Some of our dishes contain alcohol. All items are subject to availability. If you require more information, please ask your server. Please note an optional 10% service charge will be added to the bill for tables of 6 or more.