

## SMOOTHIE BOWLS

our acai kick smoothie base topped with fruit and seed sprinkles

### SUPERCRUNCH BANOFFEE <sup>GF</sup> £4.30

sliced banana, toffee sauce & crunchy seed topping

### BERRY DELIGHT <sup>GF</sup> £4.30

seasonal red berries, fruit compote & crunchy topping

## BREAKFAST

served from 8:00am until 10:30am

### 'BACON' SANDWICH <sup>GF</sup> £3.65

'bacon' strips in toasted house sourdough

### 'SAUSAGE' SANDWICH <sup>GFO</sup> £3.65

lincolnshire style 'sausage' in toasted house sourdough

#### ADD A SIDE: £0.80 each

mushrooms / cheese

### OVERNIGHT OATS <sup>GF</sup> £2.50

with chai seeds, blueberries & maple syrup

### PORRIDGE <sup>GF</sup> £2.00

topped with crunchy seeds

## ON TOAST

locally sourced sourdough loaf, lightly toasted with various toppings

### SCRAMBLED 'EGG' <sup>GFO</sup> £4.95

scrambled tofu with grilled tomatoes and herbed mushrooms

#### ADD A SIDE: £0.80 each

smokey beans / 'bacon' strips

### SMOKEY BEANS <sup>GFO</sup> £2.80

made-in-house haricot beans in a rich and smokey BBQ & tomato sauce

#### ADD A SIDE: £0.80 each

'cheese' / 'bacon' strips / mushrooms

### SIMPLE <sup>GFO</sup> £2.00

with your choice of preserves

## SANDWICHES

made using locally sourced sourdough, served with salad leaves and crisps

### 'CHEESE' & CHUTNEY <sup>GFO</sup> £4.50

red onion chutney, 'cheese' and baby spinach leaves

### FALAFEL & HUMMUS <sup>GFO</sup> £4.50

chickpea falafel, hummus, mango chutney and mixed leaves

### 'CHICKEN' CAESAR <sup>GFO</sup> £5.00

'chicken' and 'bacon' strips with caesar dressing and mixed leaves

## SMALL PLATES

### SOMETHING SOUP <sup>GFO</sup> £3.50

soup of the day with crusty bread

### GARLIC MUSHROOMS <sup>GFO</sup> £3.50

served on toasted sourdough topped with a 'cheesy' melt

### CAULIFLOWER WINGS £3.75

in a savoury coating with garlic 'mayo' and salsa dip

### OUR MENU is 100% VEGAN

<sup>GF</sup> gluten free

<sup>GFO</sup> gluten free option available

allergen information available at request

## BURGERS

freshly prepared to order

### 'BEEF' BURGER £7.90

moving mountains burger with tomato, lettuce and salsa. served in a toasted brioche style bun with slaw and fries

DOUBLE UP YOUR BURGER FOR ONLY £1

### CRISPY 'CHICKEN' BURGER £7.50

a 'chicken' style burger coated in panko breadcrumbs with lettuce, 'mayo' and tomato. served in a toasted brioche bun with slaw and fries

### SPINACH & FALAFEL <sup>GFO</sup> £7.15

a blend of chickpea and spinach, flavoured with cumin, coriander, lemon, garlic and chilli. served in a toasted brioche style bun with tomato, lettuce, salsa, slaw and fries.

#### ADD TOPPINGS: £0.80 each

'cheese' / 'bacon' strips / mushrooms

## LARGE PLATES

### FALAFEL FLATBREAD £5.70

rainbow slaw, roasted peppers, hummus, pickles and chilli sauce. served with fries

### ISKENDER KEBAB £7.80

'chicken' strips with rice, tomato sauce, garlic and grilled peppers. served with a mixed salad

### SUPER MAC 'N' CHEESE £7.50

macaroni in a 'cheese' sauce with broccoli and sweetcorn. served with garlic dough bites and salad

## SALADS

available in either small or large bowls  
ADD £1 TO MAKE IT A LARGE BOWL

### FALAFEL CRUNCHY SALAD <sup>GF</sup> £4.70

falafel, hummus, cucumber, tomato, carrot, mixed leaves, herb dressing and seed sprinkle

### BROCCOLI & SESAME <sup>GF</sup> £3.75

roasted broccoli florets, red cabbage, red onion and mixed leaves with root ginger dressing and toasted sesame seeds

### CHICKEN CAESAR £4.70

'chicken' strips, baby gem, 'parmesan', 'bacon' bits, croutons and ceasar dressing

## SIDES

### FRIES <sup>G</sup> £2.20

### LOADED FRIES £3.00

with 'bacon' bits and 'cheese'

### 'CHEESY' GARLIC BREAD BITES (6) £4.20

### MIXED SALAD <sup>GF</sup> £2.50

### RAINBOW SLAW <sup>GF</sup> £1.00

## DESSERTS

### WARM BROWNIE <sup>GF</sup> £3.30

with 'cream'

### BELGIAN SWEET WAFFLE £3.30

with vanilla 'ice cream'

GREEN  
VIBES  
ONLY

WILD  
KITCHEN