



evening menu

nibble board £5.95

our delicious healthy nibble board with mixed olives, kale crisps and roasted chickpeas

soup of the day £6.95

a fresh and nutritious soup with our home-made gluten-free sunflower and flaxseed bread

firecracker cauli £8.95

sticky baked cauliflower florets with a ginger, garlic, chilli and tamari sauce sprinkled with sesame seeds

grilled aubergine & tahini £9.50

with toasted pine nuts, pomegranate seeds and fresh micro basil

maki rolls platter £12.50

a gorgeous platter of maki rolls filled with quinoa, avocado, enoki mushroom, crunchy vegetables, sesame seeds and micro red amaranth

tokyo salad £12.95

a nourishing brown rice and avocado salad with cucumber, radish, chilli, hijiki seaweed, a citrus-miso dressing and a sprinkling of sesame seeds

provençal ratatouille stack £14.00

baked aubergines, courgettes, caramelized shallots and roasted peppers in a fresh tomato and garlic ragu topped with green beans and basil oil

wild mushroom black rice risotto £14.50

seasonal mushrooms with Italian nerone black rice topped with chives, pecan nut 'parmesan' and rocket

sides

broccoli & beans £4.50

tossed in garlic and fresh herbs

kale salad £5.50 ®

chopped kale and medjool date salad, chilli, sesame seeds, spring onions and almonds, tossed in a tamari and sesame dressing

baked sweet potato & sumac £5.75 (ideal for sharing)

with coconut yoghurt, spring onions and pomegranate seeds

sweet treats

bliss balls £5.75 ®

four raw dark chocolate and date truffles rolled in coconut

spiced pumpkin pie £6.00

cinnamon and ginger spiced pumpkin pie on a nut-free oat base served with coconut yoghurt

acai berry & vanilla cheesecake £6.50 ®

raw cheesecake made from cashew nut cream, vanilla and coconut on an almond and sprouted buckwheat base with a layer of acai berry jelly

ruby forest gateau £6.95 ®

a layered gateau of rich chocolate mousse on a crunchy nutty chocolate base with raspberries and vanilla cream

® = RAW = NOT COOKED ABOVE 42

ALL MENU ITEMS ARE VEGAN, WHEAT-FREE AND LOW IN NATURAL SUGARS

ORGANIC WHERE POSSIBLE

WE USE NUTS!

SPOIL YOURSELF WITHOUT SPOILING YOURSELF

A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL