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THE

# V E G A N

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M E N U

**Porridge** Banana, Blueberries, Maple Pecans & Strawberry Puree **£6**  
Made w/ Oat Milk

**Roll** Avocado, Tomato, Crispy Onions & Red Onion Chutney **£6**  
Spinach, Mushroom, Tomato, Crispy Onions & Sriracha Mayo **£6**  
Pea Smash, Avocado & Sriracha Mayo **£6**

**Soup & Sourdough Bread** **£5**  
See Chalkboard or ask a member of staff for details.

**Sandwich**  
Beetroot, Avocado, Sauerkraut, Pickles & Vegan Spicy Mayo **£8**  
Mint & Chilli Smashed Peas, Avocado, Mixed Seeds & Sriracha Mayo **£8**

**Special**  
See Chalkboard or ask a member of staff for details

**Toasted Sourdough**  
Just the toast **£2**  
Toast w/ Raspberry Jam **£3**  
Sliced Avocado, Smoked Salt & Lemon Oil Dressing **£7**  
Mint & Chilli Smashed Peas, Avocado, Pumpkin & Sunflower Seeds **£10.5**

Add..

**Mint & Chill Smashed Peas £3**  
**Avocado £3 | Avocado + Tomato £3 | Wild Mushrooms £3**  
**Mixed Seeds £2 | Tomato Chutney £2**  
**Spinach £1**

**Sweets**  
Sticky Toffee Biscoff Slice **£3**  
Banana & Chocolate Loaf **£3**  
Carrot Cake **£3**

The above dishes can be customised through adding/removing various items.  
Gluten-free alternatives available.  
Please ask a member of staff for Allergens Information.