



HEALTHY FOOD. FOR LIFE.

## Main Menu: Weds - Sat from 11.30am

### Smaller plates

Sourdough Toast with Jam or Marmite £3 (GF Option)

Toasted Banana Bread £3.50

Hot Dog with Sauerkraut/Crispy Onions/Ketchup/Mustard £4 (Soy)

Soup with Warm Bread £4 (GF Option) Today's Pie & Gravy £4.50 (See Blackboard)

Caramelised Onion Hummus, Olives and Sourdough £5.50 (GF Option)

Kuku with Mast-O-Khair (Fresh Herb Frittata with Yoghurt, Cucumber & Dill) £6 (GF)

B.L.T on Sourdough with Mayo £6 (N)(Soy)

### Larger Plates

Baked French Toast, Berry Compote, Maple Syrup & Yoghurt £7 (GF Option)

Buddha Bowl £8 (GF Option) (Please see Blackboard)

Portobello Mushroom, Scrambled Tofu, Roast Tomato, Broccoli, Kale & Sweet Potato Hash, Sourdough Toast £9.50 (GF Option)

Today's Pie with Bubble and Squeak, Mushy Peas and Gravy £10

Aubergine Parmigiana with Cashew Mozzarella, Garlic Bread & Tahini Roasted Broccoli £10 (N) (GF Option)

Cold Mezze: Kuku, Sweet Potato, 'Feta', Dukkah, Kashk Bademjan, Olives, Mast-O-Khair, Sauerkraut, Lavash £12 (N)(GF Option)

Hot Mezze: Ghormeh Sabzi, Dal Adas, Shakshuka, Tahini Roast Broccoli, 'Feta', Torshi, Mast-O-Khair, Lavash (N)(GF Option) £14

### Sides

Bubble & Squeak / Tahini Roast Broccoli / Olives / Sauerkraut / Torshi - All £3.50

Potato Wedges / Warm Sourdough/Lavash - All £2.50

*Please also see the Menu Board. All menu Items are 100% free from animal products. If you have allergies please ask to speak to the kitchen staff. (GF)=Gluten Free, (N)=Contains Nuts, (Soy)=Contains Soy.*

*All menu Items are available to takeaway - Pre orders welcome.*