

Tell Your Friends

We serve alcohol from 11am on Saturday
and from 12 on Sunday

100% Vegan from kitchen to bar

Wifi: eatyourgreens

Cocktails

(ask us for a full list)

Skinny Prosecco	7.75
TYF Margarita	8.5
TYF Sour	8.5
TYF Bloody Mary	8
TYF Guilty Pleasure	8.5

TYF HAPPY HOUR

8 - 10 pm

2 4 1 Cocktails

Any Beer 3.5

Any 175 glass of wine 5

Brunch till 4pm

Full English <i>Sausages, aubergine bacon, sautéed mushroom, grilled tomato, house baked beans, ackee 'scrambled eggs', hash brown, sourdough & coconut butter</i>	13.5
Smashed Avocado <i>Smashed avocado, sourdough, toasted seeds</i>	8.5
<i>Add +2 each</i> <i>Aubergine bacon, ackee scrambled eggs, grilled tomato, sautéed mushroom</i>	
Ackee scrambled eggs <i>Marinated in black salt, turmeric & pepper with baby spinach, heritage tomato & sourdough</i>	9.5
<i>Add +2 each</i> <i>Aubergine bacon, grilled tomato, sautéed mushroom</i>	
Fluffy scotch pancakes <i>Chocolate: Dark chocolate spread, candied nut crumble, banana</i> <i>Sweet: Fresh berries, coconut yoghurt & maple syrup</i>	9
Super chia pudding (GIF) <i>Maca & lucuma infused almond milk, berry compote with granola</i>	7.5

To Share

The Friends Board <i>Raw beetroot hummus, babaganoush, 'faux Gras' of Puy lentil, mushroom & cognac, red pepper & sweet potato pate, pickled slaw, crudités & flat bread</i>	14
Nachos (GIF) <i>Frijole, chipotle aioli, smashed avocado</i>	13

Menu

Small Plates

'Chicken' Bites (GIF) <i>Hemp & sunflower crumbed jackfruit bites with BBQ sauce</i>	5.5
Roasted padron peppers (GIF) <i>with sea salt</i>	4.5
Arancini <i>Trio of arancini, tomato & fig dip</i>	6
Mac'n'Cheese <i>Cashew cream mac'n'cheese</i>	6.5
<i>Add bacon</i>	+1.5
<i>Go large</i>	10.75

Mains

The New Buddha (GIF) <i>Sprouted brown rice, baked tofu, kinpira carrots, kimchi, sunomono, miso sambal dressing</i>	13
Spicy laksa (GIF) <i>Coconut curry broth, rice noodles, Chinese cabbage, sugar snaps, mushrooms, chilli & coriander</i>	13
Moving Mountains burger <i>Moving mountains B12 burger, cheddar cashew cheese, salad, pickled slaw, sun-dried tomato ketchup, chips</i>	12.5

Sides

3.5 each

Triple cooked chips / Side salad / Chilli kale
Plantain chips / Creamy garlic truffle mash /
Chilli sesame tenderstem broccoli

Allergen information is available upon request - please notify staff if you have any dietary requirements.

Due to nuts featuring heavily in our vegan menu, we are unable to guarantee there is no cross contamination, but several dishes do not contain nuts. (GIF) Gluten ingredient free.

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Drinks

\white	175	250	Btl	\red	175	250	Btl
Picpoul de Pinet, Domaine de Belle Mare '17	5.25	7.5	21.5	Tempranillo, Campo Nuevo '17	5.5	7.75	22.5
Landmade Sauv Blanc, Yealands '17	6	8.5	25	Landmade Pinot Noir, Yealands '17	6.25	8.75	25.5
Dry Riesling, Chateau Ste. Michelle '15	6.5	9	26.5	Reserve Malbec, Bodegas Santa Ana '16	6.5	9.25	27
Albarino, Eidosela '17	6.75	9.5	28	High Trellis Cab. Sauvignon, D'Arenberg '13			32
Chablis, Domaine Louis Michelle '16			35	Columbia Valley Syrah, Chat Ste. Michelle '14			35
\sparkling	125	Btl		\rose	175	250	Btl
Skinny Prosecco	7.75	32		Petit Rosé, Ken Forrester	5.75	8	23.5
Laurent-Perrier La Cuvée Brut NV		60					
Laurent-Perrier Rose Brut NV		85					

Ask us for a full drinks list

\fresh from the bar *All available to take away*

- \cold press juices 4.5
- Green *spinach, cucumber, celery & apple*
- Orange *carrot, apple & ginger*
- Yellow *pineapple, apple, pear*
- Red *beetroot, carrot, apple & ginger*

\bottled softs

- Belvoir Raspberry & Lemon 2.6
- Jax Coconut water 2.75
- Jar Kombucha 3.5
- ChariTea Mate 3.25
- Blood Orange Lemonaid 3.25

\hot drinks *All available to take away*

\coffee

- Espresso 2.5
- Americano 3
- Flat white 3.2

\tea

- English breakfast 2.75
- Sapphire Earl grey
- Pai mu tan
- White pear & ginger

\coloured lattes

- Red Velvet: Beetroot & Cacao 4.5
- Golden Turmeric
- Green Matcha

Choice of Oat, Soy, Coconut or Almond Milk

- Macchiato 2.5
- Latte 3.5
- Cappuccino 3.5

- Citrus chamomile
- Persian Pomegranate
- Dragonwell Green
- Egyptian mint

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