

Tell Your Friends  
 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 | Cocktails  
 Any Beer 3.5  
 Any 175 glass of wine 5

## To Share

The Friends Board	14
<i>Raw beetroot hummus, babaganoush, 'faux Gras' of Puy lentil, mushroom &amp; cognac, red pepper &amp; sweet potato pate, red onion chutney, crudités &amp; flat bread</i>	
The Nacho Bowl (GIF)	13
<i>Frijoles, chipotle "cheese" sauce, smashed avocado &amp; chillies</i>	

## Small Plates

Bread & olives	4
Tortillas & guacamole (GIF)	5
'Chicken' Bites (GIF)	6.5
<i>Hemp &amp; sunflower crumbed jackfruit bites with BBQ sauce</i>	
Roasted padron peppers (GIF)	4.5
<i>with sea salt</i>	
Arancini	6
<i>Trio of arancini, tomato &amp; fig jam</i>	
Mac'n'Cheese	6.5
<i>Cashew cream mac'n'cheese</i>	
Go large	10.75
Mushroom & bamboo shoot gyoza	6
<i>Spring onion &amp; sweet sesame sauce</i>	

## Sides 3.5 each

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

# Menu

## Bowls

The New Buddha (GIF)	13
<i>Quinoa &amp; amaranth grain, baked tofu, sweet potato, kimchi, sunomono, steamed kale, avocado, toasted sesame, miso sambal dressing</i>	
Japanese raw bowl (GIF)	10
<i>Cauliflower rice, carrot, daikon &amp; cucumber ribbons, nori, smoked almonds, avocado &amp; sugar snaps, with tamari dressing</i>	

## Mains

Raw lasagne served cool (GIF)	12.5
<i>Courgette strips layered with cashew cream cheese, walnut Bolognese &amp; Pomodoro sauce, side salad</i>	
Spicy laksa (GIF)	13
<i>Coconut curry broth, rice noodles, Chinese cabbage, sugar snaps, mushrooms, chilli &amp; coriander</i>	
Tamari miso smoked mushrooms (GIF)	14
<i>Pan-grilled king oyster mushrooms served with creamy garlic truffle mash &amp; tenderstem broccoli</i>	

## Burgers

Beet burger	12.5
<i>Beetroot, caramelised onion &amp; peanut patty, salad, pickles, sundried tomato ketchup &amp; chips</i>	
Moving Mountains burger	14.5
<i>Moving Mountains® plant-based B12 Burger™, cheddar cashew cheese, salad, pickled slaw, sundried tomato ketchup &amp; chips</i>	
Double patty	+3

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

*Choice of Oat, Soy, Coconut or Almond Milk*

### \coffee

- |                |                |
|----------------|----------------|
| Espresso 2.5   | Macchiato 2.5  |
| Americano 3    | Latte 3.5      |
| Flat white 3.2 | Cappuccino 3.5 |

### \tea

- |                        |                     |
|------------------------|---------------------|
| English breakfast 2.75 | Citrus chamomile    |
| Sapphire Earl grey     | Persian Pomegranate |
| Pai mu tan             | Dragonwell Green    |
| White pear & ginger    | Egyptian mint       |

### \coloured lattes 4.5

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

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