

Tell Your Friends
 100% vegan from kitchen to bar
 Wifi: eatyourgreens

Cocktails

TYF Margarita	8.5
Rhubarb Royale	9
TYF Sour	9.5
Espresso Martini	9
TYF Bloody Mary	8
Elderflower Mojito	8.5
TYF Guilty Pleasure	9.5

Seedlip Mocktails 7.5

Mr Howard
 Spice 94, pink grapefruit, star anis
 The Peel
 Grove 42, carrot, apple, & ginger
 Fennel Spritz
 Garden 108, fennel spritz

To Share

Olives / Pickles / Smoked Almonds	2.5
The Nacho Bowl (GF)	13
<i>Frijoles, chipotle "cheese" sauce, smashed avocado & chillies</i>	

Small Plates

Trio of hummus & flatbread <i>Raw beetroot, smoked paprika chickpea, & Jerusalem artichoke hummus</i>	5.5
'Chicken' Bites (GF) <i>Hemp & sunflower crumbed jackfruit bites with BBQ sauce</i>	6.5
Roasted padron peppers (GF) <i>with sea salt</i>	4.5
Mac'n'Cheese <i>Cashew cream mac'n'cheese</i> Go large	10.75
Mushroom & bamboo shoot gyoza <i>Spring onion & sweet sesame sauce</i>	6
Gnocchi Bites <i>Pan-fried gnocchi, hemp seed pesto</i>	5.5
Soup of the day, sourdough	5.5

Sides 3.5 each

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

Menu

Bowls

The Winter Buddha (GF) <i>Quinoa baked tofu, sweet potato, kimchi, roasted celeriac, steamed kale, avocado, toasted seeds, sesame & chestnut, miso sambal dressing</i>	13
Japanese raw bowl (GF) <i>Cauliflower rice, carrot, cucumber ribbons, nori, smoked almonds, daikon, avocado & edamame, pumpkin & sesame seeds, with tamari dressing</i>	10

Mains

Sweet potato curry <i>Sweet potato, chickpea & spinach curry, garlic flatbread, coconut raita</i>	11.5
Pan-fried gnocchi <i>Sun-dried tomato, artichoke heart, black olives, hemp seed pesto</i>	12.5
Tamari miso smoked mushrooms (GF) <i>Pan-grilled king oyster mushrooms served with creamy garlic truffle mash & tenderstem broccoli</i>	14

Burgers

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

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 (GF) Gluten ingredient free

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What's on

Wine Wednesdays // Happy Thursdays

Celebrate hump day in style with £10 off any bottle of wine... throughout the day!
Join us for 24! cocktails Tuesday nights till 10pm



We open everyday for breakfast

Did you know that not only we do our famous brunch on the weekend till 4pm but that our breakfast menu is available from Monday to Friday from 10am until 12



Sunday roasts are here!

Winter is coming and we are ready for it - join us every Sunday for an all day vegan roast galore!
Need we say more? We do brunch too!

You can choose from 3 mouth-watering options, all made from scratch in our kitchen:

- ± Green lentil and oat baked loaf
- ± Seitan roast
- ± Stuffed Portobello mushroom *(gluten ingredient free)*



Seedlip Supper club // Rhitrition supper club

We've teamed up for two exciting supper clubs this month with our favourite non-alcoholic spirit makers, and a special supper club with leading nutritionist and bestselling author Rhiannon Lambert. Tickets can be booked online



Free seedlip G&T?

Join us on the City Pub app and get a Seedlip G&T on us, plus take double points all January

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