

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	9.5
TYF Bloody Mary	8
TYF Guilty Pleasure	9.5

Seedlip Mocktails 7.5

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

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 & sourdough</i>	9.5
<i>Add +2 each</i> <i>Aubergine bacon, grilled tomato, smashed avocado 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

Small Plates

'Chicken' bites (GiF) <i>Hemp & sunflower crumbed jackfruit bites with BBQ sauce</i>	6.5
Roasted padron peppers (GiF)	4.5
Mushroom & bamboo shoot gyoza <i>Spring onion & sweet sesame sauce</i>	6
Mac'n'Cheese <i>Go large</i>	6.5 10.75

Menu

Sunday Roasts

*All served with steamed kale, braised red cabbage,
cauliflower "cheese", roasted carrots & maple
parsnips, roasties, Yorkshire pudding & gravy*

Lentil loaf <i>Green lentil & oat baked loaf</i>	14
Seitan roast	15
Stuffed portobello mushroom <i>Stuffed with buckwheat, pine nuts, garlic & parsley ** (GiF minus the Yorkshire pudding)</i>	13.5

Mains

The Winter Buddha (GiF) <i>Quinoa baked tofu, sweet potato, kimchi, roasted celeriac, steamed kale, avocado, toasted seeds, sesame & chestnut, miso sambal dressing</i>	13
Moving Mountains burger <i>Moving mountains B12 burger, cheddar cashew cheese, salad, pickled slaw, sun-dried tomato ketchup, chips</i>	14.5
<i>Double up patty</i>	+3
<i>+ Mac'n'Cheese</i>	+3

Sides

3.5 each

Triple cooked chips / Side salad / Chilli kale
Plantain chips / 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
Landmade Sauv Blanc. Yealands '17	6	8.5	25	Tempranillo. Jolaseta '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 Rosé 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 | |

\coloured lattes 4.5

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

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