

100% vegan from bar to kitchen

Quick Start

Smoked almonds / pickles / olives (GIF)	3.5
Celery juice	4.5
Ginger & apple cider vinegar shot	2.5
Wheatgrass shot	2.5

Brunch

Full English (GFo)	13.5
<i>Sausage, sautéed mushroom, grilled tomato, house baked beans, ackee 'scrambled eggs', hash brown, avocado, sourdough & 'butter'</i>	
Ackee 'eggs' on toast (GFo)	10
<i>Add sautéed mushroom, grilled tomato or avo smash</i>	+2.5
Avo on toast (GFo)	7.75
<i>Add sautéed mushroom, grilled tomato or ackee 'eggs'</i>	
Mushrooms on toast (GFo)	7.75
<i>Add smashed avo, grilled tomato or ackee 'eggs'</i>	
The Hangover muffin	7
<i>Sausage, hash brown, pickled slaw, 'cheese', BBQ sauce</i>	
Pancakes	8.5
<i>Summer berries: coconut yoghurt & maple syrup</i>	
<i>Chocolate: toasted nuts, banana</i>	
Acai & goji smoothie bowl (GIF)	9.5
<i>Blueberry, strawberries, pumpkin & poppy seeds, coconut granola</i>	
French toast	9.5
<i>Strawberries & banana, maple syrup</i>	
Healthy banana bread (GIF)	3.5
<i>Go toasty & add peanut butter +50p</i>	
Extra hash brown (GIF)	0.5

Fresh Juices & Smoothies

Apple, carrot & ginger	4.5
Pineapple, apple & pear	4.5
Spinach, celery, apple & cucumber	4.5
Beetroot, apple, carrot & ginger	4.5
Mocha Mylkshake	7
Strawberry, banana & oat milk	4.9
Cacao, peanut butter, protein, banana, almond	6.1
Strawberry, blueberry, acai, raspberry, almond	6.1
Pineapple, carrot, apple, ginger, cashews	5.1

Smalls

'Chicken' bites (GIF)	7
<i>Hemp & sunflower crumbed jackfruit, BBQ dip</i>	
Mac'n'Cheese	6.5
<i>Go large</i>	10.75
<i>Cashew cream mac, 'cheddar' & nutritional yeast</i>	
Gyoza	6.5
<i>Cassava & bamboo shoot, sweet sesame dip</i>	
Chickpea & walnut falafels (GIF)	5.5
<i>Gochujang spicy dip</i>	

Sharers

Trio of dips (GFo)	7.5
<i>Raw beetroot hummus, white bean & sundried tomato hummus, babaganoush & pita bread</i>	
The nacho bowl (GIF)	13
<i>Frijoles, chipotle 'cheese' sauce, smashed avo & chillies</i>	
Loaded hash browns (GIF)	5.5
<i>4 hash browns, BBQ pulled jackfruit & crispy shallots</i>	

Toasties (GFo)

BBQ pulled jackfruit	6.5
Chickpea 'tuna' melt	6.5
Avocado, cream cheese melt	6.5
<i>Add chips or salad</i>	+1.5

Allergens

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

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
(GFo) Gluten free options*

Favourite Drinks

Rhubarb Royale	9
Elderflower mojito	8.5
Espresso martini	9
TYF bloody mary	8

Big Plates

Moving Mountain B12 burger	14.5
<i>Cheddar cashew cheese, salad, pickled slaw, sun-dried tomato sauce, gherkin</i>	
<i>Add mac</i>	+3
<i>Double patty</i>	+3
Raw bowl (GIF)	10
<i>Cauliflower rice, carrot, cucumber ribbons, nori, smoked almonds, daikon, rainbow radish, avocado, edamame, pumpkin & sesame seeds, tamari dressing</i>	
Mediterranean bowl	11.5
<i>Pearl barley, sundried tomato & black olives, babaganoush, heritage tomato, red peppers, chickpea & walnut falafels, basil & barleygrass citrus dressing</i>	
Moroccan bowl (GIF)	12.5
<i>Roasted ras el hanout butternut squash, cranberries, apricot, buckwheat, flaked almonds, chili kale & raw beetroot hummus</i>	

Sides

	All (GIF)
Sesame tenderstem broccoli	3.5
Plantain chips / triple cooked chips	3.5
Chilli kale	3.5
Seasonal side salad	3.5

Puddings

Sticky toffee pudding, custard & caramel	6
Chocolate tart, blood orange caramel (GIF)	6.5
Rice pudding, blueberry & strawberry compote (GIF)	6.5
Cakes & doughnuts at the counter	from 3.5