MENU

NIBBLES

Tamari Toasted Seeds (S) / £2.00

Salted Pretzel Sticks (GL) / £2.00

Olives / £3.50

Spiced Mixed Nuts (N) / £3

SMALL PLATES

Jerk Seitan Wings with Slaw (S, SP, GL, M) / £6.50

Kale & Cranberry Quinoa Salad (M, SP) / £6

Jalapeno Hummus with Pitta Bread (GFO, SE) / £6

Fresh Summer Rolls with Mild Satay Dip (NFO) / £6

Oonomiyaki Courgette & Teriyaki Pancakes (M) / £6.50

Macaroni Cheese with Crispy Onion (SP, GL, N, M) /£6

BIG PLATES

Caesar Salad: Pan Fried Oyster Mushrooms, Crispy Coconut Bacon & Crunchy Croutons tossed through Romaine Lettuce & Cashew Caesar Dressing topped with Sunflower Parmesan (N, M, GFO) / £12

Lasagne: Rich Mushroom & Lentil Ragu & Creamy Bechamel Sauce between layers of Pasta with Italian Salad & Garlic Bread (GL, S, SP, C) / £13

Jalfrezi: Marinated Jackfruit in a Hot & Spicy Rich Tomato Sauce with Cooling Raita & Kachumber Salad, Rice & Garlic Naan Bread (GFO, S) / £12

Fully Loaded Nachos: Mushroom Chilli, Cheese Sauce, Pico de Gallo, Guacamole & Hot Sauce stacked on Nachos Topped with Sour Cream & Jalapeños (N, M, S, C, SP) / £12

BURGERS

Cheeseburger: Classic Moving Mountains™ Burger with Cheese in a Brioche Bun with Crunchy Slaw & Homemade Chips (GL, S, M, SP) / £13

BBQ Pulled Seitan Burger: Pulled Seitan in a Sticky BBQ Sauce with Coleslaw in a Brioche Bun Served with Homemade Chips & Spicy Corn Salad (GL, SP, S, M, NFO) / £13

SIDES

(£3.50)

Chips

Crunchy Slaw

Side Salad

Onion Rings (GL, S)

Allergies: Nuts (N) Nut Free Option (NFO), Gluten (GL) Gluten Free Option (GFO), Soya (S), Soya Free Option (SFO) Celery (C), Mustard (M), Peanuts (P), Sulphites (SP), Sesame (SE)
Please let us know of any dietary requirements or allergies.