



# MENU

## NIBBLES

Tamari Toasted Seeds (S) / £2.00      Salted Pretzel Sticks (GL) / £2.00

Olives / £3.50

## SMALL PLATES

Sticky Caribbean Cauliflower Wings with Slaw (S, GFO, M) / £6.50

Roasted Hispi Cabbage with Romesco Sauce (N) / £6

Wild Garlic Pesto Hummus with Pitta Bread (GFO, SFO) / £6

Bhaji Bites with Raita & Mango Chutney (S, SP) / £6

Adobo Mushroom Tacos with Mango Salsa & Sour Cream (NFO) / £6

## BIG PLATES

Jamaican Jerk Jackfruit Bowl: Jerk Spiced Pulled Jackfruit, Sweet Potato, Rice & Beans, Avocado & Mango Salsa, Jerk Sauce (NFO, S, SP) / £13

Moussaka: Tomato & Mushroom Ragu layered up with slices of Aubergine & Potato, Topped with Creamy Bechamel Served with a Greek Salad & Flatbread (S, GFO, SP, C) / £13

Kala chana: Black Chickpeas in a Medium Spiced Coconut & Tomato Punjabi Style Sauce served with Rice, Chapati & Jaipur Slaw (GFO, M) / £12

Pie: Leek & Mushrooms in a Creamy Sauce with a Puff Pastry Lid with Root Vegetable Mash & Green Beans (GL, S) / £13

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

Carbonara: Spaghetti in a Creamy Garlic Sauce with Bacon Mushrooms topped with Rocket & Parmesan served with Garlic Bread (GL, S) / £12

## SIDES

(£3.50)

Chips

Crunchy Slaw

Side Salad

Garlic Bread (GL)

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.