



Herbies

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NIBBLES

MIXED OLIVES (VG) (GF) £4

MIXED SEEDS & BEANS (VG) (GF) £3

STARTERS

HOUMOUS & GARLIC BREAD (VG) (GFO) £7

TEMPURA BROCCOLI (VG) (GF) £8

Roasted broccoli in a tempura batter, served with a Gochujang sauce

TRUFFLE & SESAME ROASTED CAULIFLOWER (VG) (GF) £9

Roasted cauliflower served with a sesame and black truffle goma-ae

MUHAMMARA CRISPY POTATOES (VG) (N) £8

A Syrian roasted red pepper dip, with crispy potatoes, garlic sauce & flat bread

SOUP with...

GRANARY ROLL (VG) (GFO) £7

GARLIC BREAD (VG) £8

CHEESY GARLIC BREAD (VGO) £9

See the board for today's soup

SHARING BOARDS

BREAD DIPPING BOARD (VG) £9

Ciabatta & olive tapanade with oil, balsamic, sea salt and cracked black pepper

MEZZE BOARD (VGO) (GFO) (N) £16.5

Tzatziki, houmous, falafel, sundried tomatoes, muhamara, salsa verde & mixed olives served with flatbread & ciabatta to dip

SALADS & SANDWICHES

WARM VEGETABLE SALAD (VGO) (GF) (N) £15

Roasted vegetables on a bed of mixed leaves served with a balsamic and olive oil dressing & topped with feta cheese & pine nuts

FALAFEL WRAP (VG) £13.5

Traditional falafel, with green salad, whipped tahini & chilli jam

ROAST VEG & HOUMOUS CIABATTA (VG) £13.5

Roasted vegetables & our homemade houmous in toasted ciabatta bread

MAINS

NACHO SUPREME (VGO) (GF) £17.5

Tortilla chips with three bean chilli, melted cheese & jalapenos topped with sour cream, guacamole, salsa & pico de gallo

BUDDHA BOWL (VG) (GFO) £16

Spinach, sundried tomatoes, cous cous, houmous, salsa verde, roasted vegetables, piquante peppers, avocado, seeds & toasted pitta

Add Feta or Vegan Feta £1.50

MUSHROOM & ALE POT PIE (VG) £17

Served with a beetroot gravy, home made mash & tenderstem broccoli

BEEF & BEAN BURGER (GFO) (VG) £16

In a multi grain bun, topped with tomato relish, mayo and gherkin. Served with extra mayo, homemade slaw & a choice of either wedges or our trio of salads from today's specials board

Add a little something extra £1.00
Cheese - Vegan Cheese - Avocado - Crispy Onion

NUT BURGER (VG) (N) £16

In a multi grain bun, topped with tomato relish, mayo and gherkin. Served with extra mayo, homemade slaw & a choice of either wedges or our trio of salads from today's specials board

Add a little something extra £1.00
Cheese - Vegan Cheese - Avocado - Crispy Onion

THREE BEAN CHILLI (VGO) (GF) £15

Our classic three bean chilli served with brown rice & topped with pico de gallo & sour cream - a little spicy!

CHEF'S CURRY (VG) (GF) £15

See the board for today's curry

CARROT & CASHEW NUT LOAF (VG) (N) £16.5

Served with our wild mushroom sauce & a choice of wedges or our trio of salads from today's specials board

SIDES

GARLIC BREAD (VG) £4

CHEESY GARLIC BREAD (VGO) £5

MIXED SALAD (VG) £4.5

SKIN-ON WEDGES (VG) (GF) £4

If you have any allergies or dietary requirements, please be sure to let our staff know at the time of ordering as some dishes may contain additional ingredients. We use allergens in our kitchen and due to its small size we cannot guarantee against cross contamination.

(N) Contains Nuts (VG) Vegan (VGO) Vegan Option - Please ask (GF) Gluten Free (GFO) Gluten Free Option - Please ask