NON-GLUTEN CONTAINING INGREDIENTS

The meals on this menu are made with ingredients which do not intentionally contain gluten. However we handle gluten-containing ingredients in our kitchens, so cannot guarantee 100% free from. Please make a team member aware when ordering from the NGCI menu.

BRUNCH

THE BIG BACON BREAKFAST — **6.25**
Crispy bacon, free-range fried eggs, baked beans, hash browns, button mushrooms, grilled tomato and a seeded bread roll with butter. 1064 kcal

VEGGIE EGGIE BREAKFAST (V) — **6.25**
Free-range fried eggs, baked beans, hash browns, button mushrooms,grilled tomato and a seeded roll with butter. 870 kcal

BACON ROLL 613 kcal — **4.25**

SMALL PLATES

HALLOUMI SKEWERS (V) — **5.00**
With iceberg lettuce, pomegranate seeds, lemon & olive oil dressing and coriander. 429 kcal

NACHOS (V) — **5.00**
Crunchy nachos topped with grated cheese, guacamole, tomato salsa, sour cream, jalapeños and coriander. 514 kcal

ADD:
BACON +82 kcal...**1.50**
BAKED BEANS (VG) +78 kcal...**1.00**
FRIED EGG (V) +104 kcal...**1.00**
SCRAMBLED EGG (V) +306 kcal... **1.00**
BUTTON MUSHROOMS (VG) +51 kcal...**1.00**
GRILLED TOMATO (VG) +18 kcal...**1.00**

MAINS

BUTTERNUT SQUASH & CRANBERRY TAGINE (VG) — **11.00**
Served with basmati rice and garnished with pomegranate, coriander and pea shoots. 630 kcal

CHICKEN AND BACON SALAD — **10.50**
Layered on an avocado, soya bean & slow-roasted tomato mixed salad, finished with a lemon & olive oil dressing and an omega & sesame seed sprinkle. 552 kcal

TOPPED SOUL BOWL (VG) — **11.50**
A mix of kale, brown rice and quinoa grains, slow-roasted and fresh tomatoes, with coriander, diced gherkin, almond pesto, broccoli florets, avocado, pomegranate seeds, spinach, peas and leaves, with an omega & sesame seed sprinkle. 438 kcal

WITH GRILLED CHICKEN ESCALOPE +130 kcal
WITH PULLED SHAWARMA CHICKEN +165 kcal
WITH GRILLED HALLOUMI (V) +400 kcal
WITH CHORIZO IN HONEY AND CIDER +548 kcal

SHARERS

NACHOS SHARER (V) — **8.50**
Crunchy nachos topped with grated cheese, guacamole, tomato salsa, sour cream, coriander and jalapeños.
Recommended for 2 people. 1391 kcal

SHAWARMA CHICKEN NACHOS — **10.00**
Crunchy nachos topped with pulled chicken shawarma, grated cheese, guacamole, tomato salsa, sour cream, coriander and jalapeños.
Recommended for 2 people. 1523 kcal

SPICY BEEF NACHOS — **10.00**
Crunchy nachos topped with spicy beef in a BBQ sauce, grated cheese, guacamole, tomato salsa, sour cream, coriander and jalapeños.
Recommended for 2 people. 1484 kcal

SIDES

BUTTERY MASH (V) 328 kcal — **3.00**

GLAZED SEASONAL VEGETABLES (V) 95 kcal — **3.00**

DRESSED SIDE SALAD (VG) — **3.00**
Avocado, soya bean, slow-roasted & fresh tomato mixed salad, finished with a lemon & olive oil dressing and an omega & sesame seed sprinkle. 75 kcal

DESSERTS

VANILLA ICE CREAM (V) — **1.75**
Three scoops of vanilla ice cream. 394 kcal

CHERRY BROWNIE CHEEZECAKE (VG-M) — **4.25**
Contains almond milk.
Served with vegan iced dessert. 535 kcal

VEGAN

BRUNCH

THE VEGAN BREAKFAST (VG) — **6.25**
Quorn™ sausages, wilted spinach, baked beans, hash browns, button mushrooms, grilled tomato, a pot of tomato ketchup and a slice of toast. 825 kcal

BEANS ON TOAST (VG) 368 kcal — **1.75**

ADD:
BAKED BEANS (VG) +78 kcal — **1.00**
BUTTON MUSHROOMS (VG) +51 kcal — **1.00**
GRILLED TOMATO (VG) +18 kcal — **1.00**

SMALL PLATES

BBQ JACKFRUIT TACOS (VG) — **5.00**
With guacamole and vegan mayo. 294 kcal

NO-CHICKEN PERI-PERI NUGGETS (VG) — **5.00**
Baked Quorn™ nuggets with iceberg lettuce, pomegranate seeds, sesame seeds and coriander. 253 kcal

JACKFRUIT NACHOS (VG) — **5.00**
Tortilla chips topped with BBQ Jackfruit topping, Violife grated mature, jalapeños, tomato salsa, guacamole, vegan mayo and coriander. 605 kcal

SHARERS

JACKFRUIT NACHOS (VG) — **8.50**
Crunchy nachos topped with BBQ Jackfruit, Violife grated mature, guacamole, tomato salsa, vegan mayo, jalapeños and coriander.
Recommended for 2 people. 1499 kcal

MAINS

BUTTERNUT SQUASH & CRANBERRY TAGINE (VG) — **11.00**
Served with basmati rice and garnished with pomegranate, coriander and pea shoots. 630 kcal

MAC 'N' CHEEZE (VG) — **11.00**
Vegan mac and cheeze, topped with Violife grated mature and spring onion, served with crispy bread rocks for dipping and a dressed soya bean and sesame seed mixed salad. 1684 kcal

WITH BBQ JACKFRUIT (VG) +160 kcal — **2.00**

TOPPED SOUL BOWL (VG) — **11.50**
A mix of kale, brown rice and quinoa grains, slow-roasted and fresh tomatoes, with coriander, diced gherkin, almond pesto, broccoli florets, avocado, pomegranate seeds, spinach, peas and leaves, with an omega & sesame seed sprinkle. 438 kcal

WITH BBQ JACKFRUIT (VG) +160 kcal

BURGERS

CHOOSE EITHER A MOVING MOUNTAINS® B12 BURGER (VG) 288 kcal OR A LOUISIANA CHICK'N™ BURGER* (VG-M) 245 kcal

KEEP IT SIMPLE (VG)/(VG-M)* **10.50**
Layered with lettuce in a toasted beetroot bun – served with a sticky BBQ dip and topped nachos. +619 kcal

ADD VIOLIFE GRATED MATURE (VG) +60 kcal — **1.00**

JACKFRUIT (VG) — **11.50**
BBQ pulled jackfruit layered with lettuce, sautéed red onion, spinach and Violife grated mature, between a toasted beetroot bun – served with a sticky BBQ dip and topped nachos. +792 kcal

SIDES

DRESSED SIDE SALAD (VG) — **3.00**
Avocado, soya bean, slow-roasted & fresh tomato mixed salad, finished with a lemon & olive oil dressing and an omega & sesame seed sprinkle. 75 kcal

DESSERTS

CHERRY BROWNIE CHEEZECAKE (VG-M) — **4.25**
Contains almond milk. Served with vegan iced dessert. 535 kcal

DO YOU HAVE ANY ALLERGIES?

Please inform staff of any allergens before placing your order even if you have ordered the dish/drink before, as ingredients can change and menus do not list all ingredients. Ingredients are based on standard product formulations, variations may occur, and calories stated are subject to change.

Full allergen information is available for all food & drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks.

Whilst all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination. There is significant risk of cross-contamination in our deep fat fryers.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (V-M) Made with Vegetarian ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning.
(VG-M) Made with Vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning.
Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

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