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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.

Crispy bacon, free-range fried eggs, baked beans,

THE BIG BACON BREAKFAST

Report of the control of the control

hash browns, button mushrooms, grilled tomato and a seeded bread roll with butter. 1064 kcal **VEGGIĘ EGGIE BREAKFAST (V)**

Free-range fried eggs, baked beans, hash browns,

button mushrooms, grilled tomato and a seeded roll with butter. 870 kcal BACON ROLL 613 kcal

SMALL PLATES

3.75

5.75

HALLOUMI SKEWERS (V) With iceberg lettuce, pomegranate seeds, lemon & olive

oil dressing and coriander. 429 kcal

4.50

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

4.50

BACON +82 kcal...1.00 ADD: BAKED BEANS (vg) +78 kcal...50P

SCRAMBLED EGG (v) +306 kcal... 50P BUTTON MUSHROOMS (vg) +51 kcal...50P

FRIED EGG (v) +104 kcal...50P

GRILLED TOMATO (vg) +18 kcal...50P

MAINS

BUTTERNUT SQUASH & CRANBERRY TAGINE (VG) Served with basmati rice and garnished with

pomegranate, coriander and pea shoots. 630 kcal **CHICKEN AND BACON SALAD**

10.00

9.50

10.50

tomato mixed salad, finished with a lemon & olive oil dressing and an omega & sesame seed sprinkle. 552 kcal TOPPED SOUL BOWL (VG)

Layered on an avocado, soya bean & slow-roasted

pomegranate seeds, spinach, peas and leaves, with an omega & sesame seed sprinkle. 438 kcal WITH GRILLED CHICKEN ESCALOPE +130 kcal

slow-roasted and fresh tomatoes, with coriander,

diced gherkin, almond pesto, broccoli florets, avocado,

A mix of kale, brown rice and quinoa grains,

WITH GRILLED HALLOUMI (v) +400 kcal WITH CHORIZO IN HONEY AND CIDER +548 kcal

WITH PULLED SHAWARMA CHICKEN +165 kcal

Crunchy nachos topped with pulled chicken shawarma, grated cheese, guacamole, tomato salsa,

NACHOS SHARER (V)

9.00

7.50

sour cream, coriander and jalapeños. Recommended for 2 people. 1523 kcal SPICY BEEF NACHOS 9.00 Crunchy nachos topped with spicy beef in a

BBQ sauce, grated cheese, guacamole, tomato salsa, sour

Crunchy nachos topped with grated cheese, guacamole,

tomato salsa, sour cream, coriander and jalapeños.

Recommended for 2 people. 1391 kcal

SHAWARMA CHICKEN NACHOS

cream, coriander and jalapeños.

Recommended for 2 people. 1484 kcal BUTTERY MASH (v) 328 kcal

tomato mixed salad, finished with a lemon & olive oil dressing and an omega & sesame

seed sprinkle. 75 kcal

Three scoops of vanilla ice cream. 394 kcal

CHERRY BROWNIE CHEEZECAKE (VG-M)

DRESSED SIDE SALAD (VG)

GLAZED SEASONAL

VEGETABLES (v) 95 kcal

1.50

4.00

2.75

2.75

2.75

DESSERTS **VANILLA ICE CREAM (V)**

Avocado, soya bean, slow-roasted & fresh

Served with vegan iced dessert. 535 kcal

Contains almond milk.

MUSHROOMS (vg) +51 kcal

VEGAN THE VEGAN BREAKFAST (VG)

GRILLED TOMATO (vg) +18 kcal

SMALL PLATES

5.75

1.50

50P

50P

50P

BEANS ON TOAST (vg) 368 kcal ADD: BAKED BEANS (vg) +78 kcal **BUTTON**

Quorn[™] sausages, wilted spinach, baked beans,

hash browns, button mushrooms, grilled tomato,

a pot of tomato ketchup and a slice of toast. 825 kcal

BBQ JACKFRUIT TACOS (VG) 4.50 With guacamole and vegan mayo. 294 kcal **NO-CHICKEN PERI-PERI NUGGETS (VG)** 4.50 Baked Quorn[™] nuggets with iceberg lettuce, pomegranate seeds, sesame seeds and coriander. 253 kcal JACKFRUIT NACHOS (VG) 4.50 Tortilla chips topped with BBQ Jackfruit topping, Violife

grated mature, jalapeños, tomato salsa, guacamole, vegan mayo

Crunchy nachos topped with BBQ Jackfruit, Violife grated mature,

guacamole, tomato salsa, vegan mayo, jalapeños and coriander. Recommended for 2 people. 1499 kcal MAINS

JACKFRUIT NACHOS (VG)

SHARERS

and coriander. 605 kcal

"Vegan mac and cheeze, topped with Violife grated mature

MAC 'N' CHEEZE (VG)

coriander and pea shoots. 630 kcal

10.00

10.00

1.50

10.50

50P

10.50

4.00

7.50

and spring onion, served with crispy bread rocks for dipping and a dressed soya bean and sesame seed mixed salad. 1684 kcal WLTH BBQ JACKFRUIT (vg) +160 kcal TOPPED SOUL BOWL (VG) A mix of kale, brown rice and quinoa grains, slow-roasted

pesto, broccoli florets, avocado, pomegranate seeds, spinach, peas and

BUTTERNUT SQUASH & CRANBERRY TAGINE (VG)

Served with basmati rice and garnished with pomegranate,

CHOOSE EITHER A MOVING BURGERS MOUNTAINS® B12 BURGER (vg) 288 kcal OR A LOUISIANA CHICK'N"

Layered with lettuce in a toasted beetroot bun - served with

2.75

and fresh tomatoes, with coriander, diced gherkin, almond

leaves, with an omega & sesame seed sprinkle. 438 kcal

WITH BBQ JACKFRUIT (vg) +160 kcal

a sticky BBQ dip and topped nachos. +619 kcal

ADD'VIOLIFE GRATED MATURE (VG) +60 kcal

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

KEEP IT SIMPLE (VG)/(VG-M) ::

BURGER* (VG-M) 245 kcal

SIDE SALAD (VG) Avocado, soya bean, slow-roasted & fresh tomato mixed salad,

finished with a lemon & olive oil dressing and an omega & sesame seed sprinkle. 75 kcal

Contains almond milk. Served with vegan iced dessert. 535 kcal

CHERRY BROWNIE

CHEEZECAKE (VG-M)

DESSERTS

DO YOU HAVE ANY ALLERGIES?

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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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. eps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100%

SIDES **DRESSED**