

## LUNCH STARTERS

<b>Soup of the day</b> . . . . .	<b>£7.00</b>
<b>Caesar salad</b> . . . . .	<b>£8.50</b>
<i>Baby gem, cashew parmesan, sunflower seed dressing</i>	
<b>Miso cured tofu salad</b> . . . . .	<b>£8.50</b>
<i>Baby gem, watercress, plum, wakame, candy vinaigrette</i>	
<b>Pesto au Poivre</b> . . . . .	<b>£8.00</b>
<i>Cashew cheese, sage pesto, pink peppercorn</i>	
<b>Cannelloni</b> . . . . .	<b>£8.00</b>
<i>Courgette, herbed cashew cheese, puttanesca sauce, basil</i>	
<b>Vegetable maki</b> . . . . .	<b>£8.50</b>
<i>Parsnip rice, cucumber, avocado, shiitake mushrooms</i>	

## LUNCH MAINS

<b>Saf bowl</b> . . . . .	<b>£10.00</b>
<i>Parsnip rice, kimchee, radish, sunimono, avocado, courgette, noodles, oyster mushrooms</i>	
<b>Pad Thai</b> . . . . .	<b>£14.00</b>
<i>Courgette noddles, enoki mushrooms, mung bean shoots</i>	
<b>Banh Mi</b> . . . . .	<b>£9.00</b>
<i>Tofu, aubergine, pickles, mint, coriander</i>	
<b>Aromatic Thai curry</b> . . . . .	<b>£13.50</b>
<i>Aubergine, snake beans, okra served with brown rice</i>	
<b>Tempeh salad sandwich</b> . . . . .	<b>£9.00</b>
<i>Tempeh salad, tomato, baby gem</i>	
<b>Tempeh tacos</b> , , , .	<b>£9.00</b>
<i>Corn tortillas, rhubarb salsa, guacamole</i>	

## DESSERTS

<b>Chocolate ganache tort</b> . . . . .	<b>£7.75</b>
<i>Pecan crust, rum and date sauce</i>	
<b>Berry cheese cake</b> . . . . .	<b>£7.50</b>
<i>Coconut crust, cashew cheese, raspberry coulis</i>	
<b>Ice cream &amp; sorbet</b> . . . . .	<b>£4.25</b>
<b>Daily cake</b> . . . . .	<b>£5.25</b>

THREE COURSE LUNCH AVAILABALE Monday – Saturday 12pm - 3.30pm £19.50