

SMALL PLATES TO SHARE [GREAT AS STARTERS OR HAVE A MIX TO SHARE]

OLIVES (N,GF) , FRESH GREEN OLIVES MARINATED IN HERBS	£2.95
SPICED NUTS (N,GF) , HOMEMADE SPICED NUTS WITH A SWEET AND SPICY COATING	£2.95
SO! BOMBAY MIX (N,GF) , BOMBAY MIX, PUFFED RICE, NUTS, HERBS, TOMATO, CUCUMBER, ONION, SPICES	£2.50
TRIO OF HUMMUS (N,GFOR) , BASIL, PERI AND INDIAN HUMMUS, WITH PITA AND CRISP TORTILLA	£5.50
BREADS & DRIZZLES (N,GFOR) , SELECTION OF BREADS, OIL, BALSAMIC, PERI AND SPICED NUT MIX	£4.95
PERSIAN TOASTIE (GF) , TOASTED TORTILLA FILLED WITH SPINACH, TOMATO, OLIVES, HUMMUS, VEGAN CHEESE	£5.95
VEGAN WINGS (GF) , CRISPY CAULIFLOWER PIECES, BUFFALO SAUCE, MINTED SOY YOGHURT	£5.95
ASIAN PANCAKES (N,GFOR) , CHINESE PANCAKES, STICKY MUSHROOM, ONION AND PEPPER, CRISP SALAD	£4.95
BOMBAY BALLS (GF) , CRISPY COATED SPICED POTATO BALLS, SALAD, SOY YOGHURT, MASALA KETCHUP	£4.95
LOADED FRIES (GF) , CRISPY FRIES, LAYERED WITH VEGAN CHEESE, JALAPENO, BBQ SAUCE	£3.95
KOREAN MUSHROOM BALLS (GF) , CRISPY COATED MUSHROOMS IN KOREAN SAUCE, CORIANDER	£4.95
CELERIAC, LEEK, POTATO SOUP (N, GFOR) , HOMEMADE SOUP, GARNISHED WITH SPICED NUTS	£4.95
LOADED NACHOS (GF) , TORTILLA CHIPS, VEGAN CHEESE, SALSA, GUACAMOLE, JALAPENO, RED ONION	£6.95
BEET BRUSCHETTA (N) , GARLIC TOAST, HUMMUS, BEETS, TOMATO, POMEGRANATE DRESSING	£4.50



SO! VEGAN MENU

BURGERS AND SARNIES

MUMBAI BURGER (N,GFOR).....£8.95

CRISPY SPICED POTATO PATTY WITH SPINACH, SPICED ONION, MINT YOGHURT, MASALA CHUTNEY AND BOMBAY MIX. SERVED WITH FRIES & FRESH SLAW.

NACHO LIBRE (GFOR).....£9.50

MEX CRUMBED MUSHROOM, VEGAN CHEESE, SALSA, GUACAMOLE, JALAPENO, ONION RINGS, PICKLE AND ICEBERG. SERVED WITH FRIES AND FRESH SLAW.

BOLLYWOOD BURRITO (N,GF).....£8.25

CHICKPEAS, PICKLED ONION, CAULIFLOWER, SPICED POTATO, CORIANDER, MINT DRESSING, MASALA KETCHUP AND BOMBAY MIX. WITH FRIES & FRESH SLAW.

MOROCCAN FLATBREAD (GFOR).....£8.95

BEETROOT, HUMMUS, ROAST PEPPER, VEGAN CHEESE, MINT DRESSING, LEAF AND FRESH POMEGRANATE IN FLATBREAD. SERVED WITH FRIES AND SLAW.

SALAD BOWLS

[ADD A TOPPING OF YOUR CHOICE]

THE DE STRESS SALAD (VEG+).....£9.50

ROAST BUTTERNUT, BASIL, ROCKET, PICKLED RED ONION, PEAR, AVOCADO, PUMPKIN SEEDS AND TAHINI DRESSING.

IMMUNE BOOST SALAD (N, VEG+).....£9.50

AN ASIAN INSPIRED SALAD OF FINELY SLICED CHINESE AND RED CABBAGE, RED PEPPER, CARROT, SPRING ONION, MICRO HERBS, JALAPENO, TOASTED SESAME AND A ZESTY PEANUT DRESSING.

ENERGY BOOST SALAD (N, VEG+).....£9.50

SPICED CHICKPEA, CARROT, YELLOW AND PURPLE BEETS, RED CABBAGE, AVOCADO, SHREDDED KALE TOSSED IN A ZINGY DRESSING.

THE DETOX SALAD (VEG+).....£9.50

CHARRED CORN, CHERRY TOMATO, CUCUMBER, PEPPER, PINEAPPLE, ROCKET, SPRING ONION, HERBS AND A SWEET CHILLI DRESSING.

ADD YOUR FAVOURITE TOPPING:

BOMBAY BALLS (VEG), MEXICAN CRUMBED MUSHROOM (VEG).

MAIN PLATES

CAULI SHAKSUKA (GF).....£8.95

RICH TOMATO AND PEPPER STEW WITH CRISPY CAULI FLOWER ROCKET AND TAHINI DRESSING. SERVED WITH CORRIANDER RICE.

MUSHROOM SATAY (N, VEG).....£9.95

SATAY GLAZED MUSHROOM AND PEPPER YAKITORI, WITH CHINESE CABBAGE, PURPLE SPROUTING BROCCOLI AND STEAMED RICE.

GREEK BUBBLE & SQUEAK (GFOR)...£7.95

CHICKPEAS, POTATO, SPINACH, OLIVES, TOMATO RED ONION HASH. WITH MINT SOY YOGHURT, HUMMUS, PITTA & FRESH HERBS.

BOMBAY TOSTADA (GF).....£8.95

CRISPY TORTILLA TOPPED WITH BOMBAY POTATO, CRISP SALAD, COCONUT, PICKLED ONION AND VEGAN YOGHURT.

MEXIFLOWER TACO (N, VEG).....£7.95

CRISPY CAULIFLOWER WITH SALSA GUACAMOLE, LEAF CRISP SALAD AND A PIQUANT DRESSING IN A TORTILLA WITH HERB RICE.

MOROCCAN STEW (GF).....£8.95

SWEET POTATO AND CHICKPEAS IN A MOROCCAN SPICED TOMATO STEW, WITH CORIANDER AND POMEGRANATE RICE AND TAHINI DRIZZLE.

PUDS

APPLE & PLUM TART (N).....£5.50

APPLE AND PLUM TART SERVED WITH BERRY COULIS AND VANILLA ICE CREAM.

ICE CREAM & BERRIES (GF).....£4.95

A RICH VANILLA SOYA ICE CREAM DRESSED WITH BERRIES & COULIS.



Throughout January. Monday-Friday before 5pm enjoy one of our gintanical G&T's and its matching salad for only..£14.50

(GF) - GLUTEN FREE, (GFOR) - GLUTEN FREE ON REQUEST, (N) CONTAINS NUTS