

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

<b>OLIVES (N,GF)</b> , FRESH GREEN OLIVES MARINATED IN HERBS	<b>£2.95</b>
<b>SPICED NUTS (N,GF)</b> , HOMEMADE SPICED NUTS WITH A SWEET AND SPICY COATING	<b>£2.95</b>
<b>TRIO OF HUMMUS (N,GFOR)</b> , BASIL, PERI AND INDIAN HUMMUS, WITH PITA AND CRISP TORTILLA	<b>£5.50</b>
<b>BREADS &amp; DRIZZLES (N,GFOR)</b> , SELECTION OF BREADS, OIL, BALSAMIC, PERI AND BOMBAY MIX	<b>£4.95</b>
<b>PERSIAN TOASTIE (GF)</b> , TOASTED TORTILLA FILLED WITH SPINACH, TOMATO, OLIVES, HUMMUS, VEGAN CHEESE	<b>£5.95</b>
<b>VEGAN WINGS (GF)</b> , CRISPY CAULIFLOWER PIECES, BUFFALO SAUCE, MINTED SOY YOGHURT	<b>£5.95</b>
<b>BOMBAY BALLS (GF)</b> , CRISPY COATED SPICED POTATO BALLS, SALAD, SOY YOGHURT, MASALA KETCHUP	<b>£4.95</b>
<b>LOADED FRIES (GF)</b> , CRISPY FRIES, LAYERED WITH VEGAN CHEESE, JALAPENO, BBQ SAUCE	<b>£3.95</b>
<b>KOREAN MUSHROOM BALLS (GF)</b> , CRISPY COATED MUSHROOMS IN KOREAN SAUCE, CORIANDER	<b>£4.95</b>
<b>PARSNIP &amp; CLEMENTINE SOUP (GFOR)</b> , PARSNIP, CLEMENTINE, MAPLE CHESTNUTS, WARM BREAD	<b>£4.95</b>
<b>LOADED NACHOS (GF)</b> , TORTILLA CHIPS, VEGAN CHEESE, SALSA, GUACAMOLE, JALAPENO, RED ONION	<b>£6.95</b>
<b>SAGE &amp; ONION BHAJIS (GF)</b> , SAGE AND ONION BHAJIS, MASALA KETCHUP, SOY YOGHURT, CRISP SALAD	<b>£4.95</b>

# SO! VEGAN MENU



## BURGERS AND SARNIES

<b>MUMBAI BURGER (N,GFOR)</b> . . . . .	<b>£8.95</b>
CRISPY SPICED POTATO PATTY WITH SPINACH, SPICED ONION, MINT YOGHURT, MASALA CHUTNEY AND BOMBAY MIX. SERVED WITH FRIES & FRESH SLAW.	
<b>NACHO LIBRE (GFOR)</b> . . . . .	<b>£9.50</b>
MEX CRUMBED MUSHROOM, VEGAN CHEESE, SALSA, GUACAMOLE, JALAPENO, ONION RINGS, PICKLE AND ICEBERG. SERVED WITH FRIES AND FRESH SLAW.	
<b>BOLLYWOOD BURRITO (N,GF)</b> . . . . .	<b>£8.25</b>
CHICKPEAS, PICKLED ONION, CAULIFLOWER, SPICED POTATO, CORIANDER, MINT DRESSING, MASALA KETCHUP AND BOMBAY MIX. WITH FRIES & FRESH SLAW.	
<b>'BHP' WRAP (N,GF)</b> . . . . .	<b>£8.95</b>
BEETROOT, HUMMUS, ROAST PEPPER, VEGAN CHEESE, PEAR, TAHINI TOSSED CHICKPEAS, CRISP CABBAGE SALAD AND A MINT DRESSING	
<b>BOXING DAY BUTTY (GFOR)</b> . . . . .	<b>£9.95</b>
CRISP CRUMBED BANANA BLOSSOM, SAGE AND ONION STUFFING, CARAMELISED SHALLOT, SAGE PESTO, CHESTNUT SPROUTS, CRANBERRY KETCHUP AND VEGAN CHEESE	

## SALAD BOWLS [ ADD A TOPPING OF YOUR CHOICE ]

<b>THE DE STRESS SALAD</b> . . . . .	<b>£9.50</b>
ROAST BUTTERNUT, BASIL, ROCKET, PICKLED RED ONION, PEAR, AVOCADO, PUMPKIN SEEDS AND TAHINI DRESSING.	
<b>IMMUNE BOOST SALAD (NUTS)</b> . . . . .	<b>£9.50</b>
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.	
<b>ENERGY BOOST SALAD (NUTS)</b> . . . . .	<b>£9.50</b>
SPICED CHICKPEA, CARROT, YELLOW AND PURPLE BEETS, RED CABBAGE, AVOCADO, SHREDDED KALE TOSSED IN A ZINGY DRESSING.	
<b>THE DETOX SALAD</b> . . . . .	<b>£9.50</b>
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

<b>MUSHROOM BULGOGI (GF)</b> . . . . .	<b>£10.95</b>
A SAUTE OF MUSHROOMS, IN A CLASSIC KOREAN, BULGOGI SAUCE, SERVED ON A BED OF JAPCHAE (STIR FRIED VEGETABLES AND RICE NOODLES)	
<b>GREEK BUBBLE &amp; SQUEAK (GFOR)</b> . . . . .	<b>£7.95</b>
CHICKPEAS, POTATO, SPINACH, OLIVES, TOMATO RED ONION HASH. WITH MINT SOY YOGHURT, HUMMUS, PITTA & FRESH HERBS.	
<b>FALAFEL TACO (GF, NUTS)</b> . . . . .	<b>£8.95</b>
CRISPY FALAFEL, TOSSED IN PERI PERI IN A CHARRED SOFT TORTILLA, WITH FRESH SALAD, SOY YOGHURT AND A SIDE ORDER OF SWEET POTATO FRIES.	
<b>VEGAN "FISH" AND CHIPS (GF)</b> . . . . .	<b>£10.95</b>
BRINED BANANA BLOSSOMS DEEP FRIED IN GOLDEN BATTER SERVED WITH MUSHY PEAS AND HAND CUT CHIPS.	
<b>CRISPY BLOSSOM SATAY (GF, N)</b> . . . . .	<b>£9.95</b>
CRISPY COATED BANANA BLOSSOM GLAZED WITH SPICED SATAY SAUCE SERVED ON MISO DRESSED VEGETABLES AND FRIED NOODLES.	

## PUDS

<b>APPLE &amp; PLUM TART (NUTS)</b> . . . . .	<b>£5.50</b>
APPLE AND PLUM TART SERVED WITH BERRY COULIS AND VANILLA ICE CREAM.	
<b>ICE CREAM &amp; BERRIES (GF)</b> . . . . .	<b>£4.95</b>
A RICH VANILLA SOYA ICE CREAM DRESSED WITH BERRIES & COULIS.	
<b>CHOCOCY CLEMENTINE TART (GF)</b> . . . . .	<b>£5.50</b>
A RICH CHOCOLATE BROWNIE BASE WITH A CLEMENTINE FLAVOURED DARK CHOCOLATE GANACHE AND ORANGE SORBET.	

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