

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
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 BOMBAY 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
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
GAZPACHO SOUP (GFOR) , CLASSIC VODKA SPIKED TOMATO SOUP, CRISP CELERY, TORTILLA	£4.95
LOADED NACHOS (GF) , TORTILLA CHIPS, VEGAN CHEESE, SALSA, GUACAMOLE, JALAPENO, RED ONION	£6.95
MEXICAN BRUSCHETTA (GFOR) , GARLIC TOAST, GUACAMOLE, TOMATO, HERB SALAD, LIME DRESSING	£4.95

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.	
'BHP' WRAP (N,GF)	£8.95
BEETROOT, HUMMUS, ROAST PEPPER, VEGAN CHEESE, PEAR, TAHINI TOSSED CHICKPEAS, CRISP CABBAGE SALAD AND A MINT DRESSING	
SWEET POTATO PO BOY (GFOR)	£8.95
PIECES OF CRISPY CRUMBED SWEET POTATO MIXED WITH SWEET CORN AND CHICKPEA FRITTERS, TOSSED WITH SMOKED BBQ SAUCE, CRISP ICEBERG, TOMATO AND RED ONION.	

SALAD BOWLS [ADD A TOPPING OF YOUR CHOICE]

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

MUSHROOM SATAY (NUTS)	£9.95
SATAY GLAZED MUSHROOM AND PEPPER YAKITORI, WITH CHINESE CABBAGE, BOK CHOI 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.	
SWEET POTATO TACO (NUTS)	£7.95
CRISPY SWEET POTATO WITH SALSA GUACAMOLE, LEAF CRISP SALAD AND A PIQUANT DRESSING IN A TORTILLA WITH HERB RICE.	
VEGAN "FISH" AND CHIPS (GF)	£10.95
BRINED BANANA BLOSSOMS DEEP FRIED IN GOLDEN BATTER SERVED WITH MUSHY PEAS AND HAND CUT CHIPS.	
SO FRIED BANANA BLOSSOM (GF)	£10.95
BANANA BLOSSOM DEEP FRIED WITH OUR CRISP COATING CONTAINING A SECRET BLEND OF HERBS AND SPICES SERVED WITH FRIES, CHARRED CORN ON THE COB AND OUR CLASSIC BBQ SAUCE.	

PUDS

APPLE & PLUM TART (NUTS)	£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