

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

OLIVES (N,GF), FRESH GREEN OLIVES MARINATED IN HERBS	£3.50
SPICED NUTS (N,GF), HOMEMADE SPICED NUTS WITH A SWEET AND SPICY COATING	£3.50
HUMMUS & PERI (N, GFOR), FRESH HUMMUS, CORRIANDER, PERI DRIZZLE, PITTA AND CRISP TORTILLA	£4.95
BREADS & DRIZZLES (N,GFOR), SELECTION OF BREADS, OIL, BALSAMIC, PERI AND BOMBAY MIX	£5.50
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
INDIAN TATER TOTS (veg), CRISPY POTATO, CHILLI, CORRIANDER, PICKLED ONION, YOGHURT, MASALA KETCHUP	£4.95
LOADED FRIES (GF), CRISPY FRIES, VEGAN BACON SPICE, LAYERED WITH VEGAN CHEESE, JALAPENO, BBQ SAUCE	£5.50
KOREAN MUSHROOM BALLS (GF), CRISPY COATED MUSHROOMS IN KOREAN SAUCE, CORIANDER	£5.25
LOADED NACHOS (GF), TORTILLA CHIPS, VEGAN CHEESE, SALSA, GUACAMOLE, JALAPENO, RED ONION	£7.50
CHARRED TOMATO & YOGHURT (GFOR), CHARRED TOMATOES, ROAST GARLIC YOGHURT, BREAD	£4.50
S&P TEMPEH FRIES (GF), TEMPEH FRIES, SALT AND PEPPER COATING, HOT & STICKY SAUCE CORRIANDER	£5.95
SOUTHERN SHARER (GF), BBQ CORN RIBS, S&P CRISPY CAULIFLOWER BITES, CRISPY ONION WEDGES, DIPS	£10.95
SUPER FOOD BRUSCHETTA (N), KALE & NUT PESTO, CUCUMBER, PICKLED ONION, SPINACH, BEET KETCHUP.	£4.50



SO! VEGAN

A COLLECTION OF VEGAN DISHES

BURGERS AND SARNIES MAIN PLATES

BACUN CHEASEBURGER(GFOR).....£10.95

GRILLED SMOKED TEMPEH TOPPED WITH VEGAN CHEESE, MAGIC VEGAN BACON KETCHUP, DILL PICKLES, TOMATO, ONION, LETTUCE AND AMERICAN MUSTARD

NACHO LIBRE(GFOR).....£10.95

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

KOREAN BURGER(GFOR).....£10.95

SPICED CRISPY TEMPEH PATTY, KOREAN BBQ, PINEAPPLE, PICKLED ASIAN SLAW AND VEGAN MAYO.

BOLLYWOOD BURRITO(N,GF).....£9.25

CHICKPEAS, PICKLED ONION, CAULIFLOWER, SPICED POTATO, CORIANDER, MINT DRESSING, CHILLI JAM AND BOMBAY MIX. WITH FRIES.

THE SUPER FOOD BURGER(GFOR)....£8.95

CRISPY TEMPEH WITH A WALNUT & KALE PESTO, PICKLED VEG, CRISPY KALE, VEGAN MAYO AND BEETROOT KETCHUP

THE VEGAN BLT(GFOR).....£8.95

BBQ BEANS, LETTUCE, TOMATO, AVOCADO, RED ONION AND A COCONUT CHIPOLTE MAYO

PUDS

ICE CREAM & BERRIES(GF).....£5.50

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

CHOCY CLEMENTINE TART(N,GF)£5.50

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

CAULIFLOWER KATSU CURRY (GF)....£8.95

BRINED AND CRISPY COATED CAULIFLOWER STEAK SERVED WITH PICKLED VEG, BROWN RICE AND A COCONUT KATSU CURRY SAUCE.

PAD THAI / CRISPY TEMPEH (NUTS,GF)..£9.95

NOODLES, CARROT, PEPPER, BEAN SPROUTS, CHILLI, CORRIANDER, CABBAGE, GARLIC AND GINGER, STIR FRIED IN A PAD THAI SAUCE. WITH PEANUTS & CRISPY STICKY TEMPER.

BBQ BEAN BURRITO (GF).....£9.50

BBQ'D PINTO BEANS, BROWN RICE, AVOCADO, LETTUCE, PINEAPPLE SALSA WRAPPED IN A SOFT TORTILLA. SERVED WITH CAJUN FRIES.

WALNUT, KALE PASTA (NUTS, GF)£8.95

FRESHLY COOKED PASTA TOSSED WITH A WALNUT, KALE AND GARLIC PESTO WITH LEMON AND A PINCH OF CHILLI FLAKES

SHAKSUKA (GFOR)£9.50

CLASSIC TOMATO, PEPPER AND SMOKED PAPRIKA STEW, TOPPED WITH CRISPY CAULIFLOWER TOSSED IN ZA'ATAR, ROAST GARLIC YOGHURT, FLATBREADS, SLAW

SALAD BOWLS

[ADD A TOPPING OF YOUR CHOICE]

ASIAN SALAD (GF).....£9.95

NOODLES, BEAN SPROUTS, RED PEPPER, CARROTS CABBAGE, CUCUMBER, ONION, HERBS AND CHILLI SOY DRESSING

INDIAN PULSE SALAD (GF).....£9.95

AN INDIAN INSPIRED SALAD OF RICE, CHICKPEAS, CAULIFLOWER, CARROT, SPINACH, SPRING ONION, HERBS, TOMATO, CHAAT MASALA AND TAHINI DRESSING.

SUPER FOOD SALAD (NUTS, GF).....£9.95

KALE, SPINACH, AVOCADO, FENNEL, CARROT, CABBAGE, SPICED NUTS, BEETROOT KETCHUP

ADD YOUR FAVOURITE TOPPING:

BBQ TEMPEH STRIPS or MEX CRUMBED MUSHROOM