

STAPLE FOODS MENU 2017

SALAD BOWLS

jamaican jerk chicken bowl

salad with brown rice, beans, dairy-free carrot & coconut slaw, mixed leaves & chilli jam 7.95

asian barbecue porkbowl

salad with sugarsnap peas, chilli, spring onion, carrot, celeriac with soy-ginger dressed leaves & toasted seeds 7.95

mexican avocado bowl with chicken or falafel (please specify)

salad with roast sweet potato, spinach, pearl barley, cucumber & tomato salsa, carrot, sweetcorn, lime vinaigrette 8.95

vegan baked falafel & hummus bowl

salad with dairy-free root veg slaw, roasted peppers, smoked paprika & dukkah 7.95

GRAIN BOWLS

quinoa tabbouleh with chicken or vegan falafel (please specify)

with lemon, olive oil, mint, spinach, parsley in a rich tomato sauce with mixed fresh leaves 8.95

teriyaki brown rice bowl with chicken or vegan falafel (please specify)

celeriac, carrot, radish, red cabbage salad, pickled ginger & broccoli, mixed fresh leaves 8.95

PASTA BOWLS

penne & pesto bowl

with basil, parsley, spinach, broccoli, lemon, toasted sunflower & pumpkin seeds (contains wheat)
vegan 7.95 served with roasted chicken 8.95 (please specify)

penne arrabiata

with tomato, chilli, oregano, basil, parsley, garlic, olive oil, green olives with fresh spinach
vegan 7.95 served with roasted chicken 8.95 (please specify)

HOTPOTS

vegan korma

coconut milk, almond, carrot, parsnip, pumpkin, sweet potato, aubergine, raisin, turmeric, red pepper & garam masala
served vegan 7.95

served with roast chicken or vegan falafel 8.95 (please specify)

add sour dough bread & butter +0.95

3 bean vegan chilli

tomato, cacao, jalapeno, coriander, red peppers, onion, cumin, butter bean, borlotti & kidney beans
served vegan 7.95

served with roast chicken or vegan falafel 8.95 (please specify)

add sourdough bread & butter +0.95

hearty vegetable broth

celery, spinach, baby potato, sweetcorn, butternut squash, celeriac, carrot & turmeric
served vegan 7.95

served with roast chicken or vegan falafel 8.95 (please specify)

add sour doughbread & butter +0.95