



VEGAN MENU



BREAKFAST

Served until 11.30am

Vegan Cooked Breakfast £5.50

Two tomatoes, two hash browns, Heinz baked beans, mushrooms and toast from Pateley Bridge bakery with vegan spread.

Vegan Savoury Scone Breakfast £6.50

Butternut squash & chilli vegan scone with mushrooms, tomato and avocado.

Porridge £4.35

Freshly made with almond or soya milk & your choice of toppings -

1. BERRY COMPOTE & MAPLE SYRUP
2. PISTACHIO, ORANGE & MAPLE SYRUP
3. TOASTED ALMONDS, BANANA & MAPLE SYRUP

Fruit Salad £4.95

with maple syrup

BRUNCH & SNACKS

Served all day

Smashed Avocado with Mushrooms on Toast £6.75

Mushroom, Tomato & Baked Bean Bap £4.25

Beans on Toast £4.20

On your choice of white or granary toast.

Chunky Toast £2.60

Two slices of thick cut white or granary local bakery toast served with vegan spread & preserves.

Toasted Tea Cake £2.50

Large fruit tea cake served with vegan spread & preserves.

♥ Soup of the Day £4.95 ♥

Served with your choice of chunky bread OR a vegan butternut squash & chilli scone.

SIDES

Home-made chips £2.95

Sweet Potato Fries £2.25

Salad Selection Side Plate £3.95

DESSERTS

Vegan Fruit Scone £2.80

Fruit scone with vegan spread and strawberry jam.

Ginger & Apple Sponge with Vegan Custard £4.20

MAIN MEALS

Served all day

Butternut Squash, Aubergine & Lentil Bake £8.75

Home-made bake cooked in a tomato sauce and finished with a bread crumb & almond topping. Served with a side salad.

Spicy Bean Burger £8.95

In a bap with houmous & caramelised onions. Served with salad & sweet potato fries.

Pine nut, Avocado & Sun-dried Tomato Salad £8.95

With a mixed salad of peppers, cucumber, tomato, olives & baby leaves. Finished with balsamic dressing.

Houmous Platter £7.95

Houmous, vegetables crudites, falafels, warm wholemeal pitta bread and salad.

Super 15 Salad £8.75

Health kick salad full of flavour & drizzled with soy sauce. 15 Super ingredients packed with nutrients, vitamins, fiber, protein, iron, folate & antioxidants. Great for all round health, and in particular heart health and blood pressure.

Avocado, black beans, chick peas, beetroot, radish, cucumber, tomato, carrot, peppers, olives, pumpkin seeds, sesame seeds, sunflower seeds, linseeds, red onion & mixed baby leaves.

Houmous Sandwich £6.50

with red pepper and tomato. Served with side salad & Pringles

* Add a bowl of soup for £2.25

Avocado, Salad & Caramelised Onion Sandwich £6.50

Served with side salad & Pringles

* Add a bowl of soup for £2.25

Falafel, Houmous, Tomato & Olive Toastie £6.75

Served with side salad.

* Add a bowl of soup for £2.25

Baked Potato with Houmous & Caramelised Onions £7.25

Served with side salad.

☆ DRINKS ☆

We have soya and almond milk available to make vegan coffees and dark hot chocolate. Our smoothies are also vegan, and we can make vegan banana and strawberry milkshakes. See main menu for drinks, then please specify when you order that you would like a vegan version.



PLEASE SPECIFY WHEN ORDERING THAT YOU ARE ORDERING FROM THE VEGAN MENU

