V e g e t a r i a n / V e g a n
M e n u

**PASTA**

**£5.95**

**GARDEN PEA PENNE**  
Served with a sauce of garden peas, spinach, wholegrain mustard & sundried tomatoes flavoured with basil (Vv)

**WILD MUSHROOM RAVIOLI**  
Served with a wild mushroom and creme fraiche sauce (V)

**LINGUINI MEATBALL MARINARA**  
Served tomato sauce flavoured with onion, garlic & olive oil and vegan meatballs (Vv)  
*Why not try something lighter? Take off the meatballs and have the pasta and sauce for £4.95 (Vv)*

**SMALL PLATES**

**PICK 3 SMALL PLATES FOR £10**

**ARANCINI**  
£3.95  
Deep fried rice balls filled with peas, tomato & mozzarella served with pesto sauce, spicy tomato sauce or roasted red pepper sauce (choose 1 sauce) (V)

**MACARONI AND GREENS**  
£3.50  
Served with vegan pesto sauce, spicy tomato sauce or roasted red pepper sauce (choose 1 sauce) (V)

**POLENTA FRIES**  
£3.95  
Skin on fries topped with pizza sauce & mozzarella (V) or vegan mozzarella (Vv)

**DESSERTS**

**APPLE STRUDEL CALZONE**  
£4.95  
Sweetened pizza dough filled with apples & sultanas flavoured with cinnamon - served with cream or vanilla ice cream (V) or (Vv)

**BANANA & CHOCOLATE CALZONE**  
£6.95  
Sweetened pizza dough filled with sliced banana & chocolate fudge sauce - served with cream or vanilla ice cream (V)

**HOT SANDWICHES**

**ALL £4.50**

**SPICY SEITAN GYROS (Vv)**  
With shredded lettuce, tomato & cucumber with tzatziki sauce served on a Khobeza wrap

**GRILLED HALLOUMI & GUACAMOLE (V)**  
With courgette ribbons & toasted seeds served on a white or multigrain sub roll  
*Why not swap halloumi for basil tofu to make it vegan? (Vv)*

**COLD SANDWICHES**

**ALL £4.25**

**WHITE BEAN HUMMUS (Vv)**  
With basil tofu, grated carrot, courgette ribbons, toasted seeds and basil oil served on a Khobeza wrap

**TOMATO & BUFFALO MOZZARELLA CAPRESE (V)**  
With black pepper, fresh basil leaves & basil oil served on a ciabatta roll

**SOUP OF THE DAY**  
£3.50  
Served with a ciabatta roll

**MAIN MENU AVAILABLE 11AM - 9PM**

**SALADS**

**SUPER SALAD**  
£4.50  
Red quinoa, red rice, buckwheat, edamame beans, sweet potato, roasted cherry tomatoes & courgettes with a balsamic oil dressing (Vv)  
Add basil tofu (Vv) £5.25

**HALLOUMI SALAD**  
£5.50  
Warm halloumi, rocket, tomato, cucumber, grated carrot, olives, sun blushed tomatoes & red onion with a pesto oil (V)

**WILD MUSHROOM CALZONE**  
£6.95  
With spinach, roasted balsamic red peppers & cherry tomatoes, pizza sauce and vegan mozzarella with a side of rocket & cherry tomatoes (Vv)

**WHY NOT ADD?**  
caramelised onion, mushrooms, roasted sweet potato, red onion, basil tofu, vegan meatballs 60p each

**LUNCH MENU AVAILABLE 11AM - 3PM**

**MARGHERITA**  
7 INCH £4.95 / 12 INCH £5.95  
With buffalo mozzarella, grated mozzarella, fresh torn basil (V)

**VEGAN MARGHERITA (Vv)**  
7 INCH £4.95 / 12 INCH £5.95

**FIorentina**  
7 INCH £4.95 / 12 INCH £5.95  
With shredded spinach, mozzarella, onion, peppers, olives, parmesan finished with a baked egg and drizzled with garlic oil (V)

**GOATS CHEESE**  
7 INCH £4.95 / 12 INCH £5.95  
With roasted sweet potato, toasted seeds and mozzarella (V)

**SPICY SEITAN**  
7 INCH £4.95 / 12 INCH £5.95  
With vegan mozzarella, red onion, rocket & a light tzatziki dressing (Vv)