| BREAKFAST |  |
| :---: | :---: |
| Granola Yoghurt Parfait (240cal) Coconut Yoghurt \| Home Made Granola | Seasonal Berries | 10 |
| Full English Breakfast (860 cal) <br> Vegan Sausage \| Grilled Portobello Mushroom <br> Vine Cherry Tomato \| Avocado | Baked Beans | Hash Brow | 24 |
| Warm Quinoa Bowl (590 cal) <br> Wakame Sauerkraut \| Butternut Squash | Edamame Beans Yuzu Dressing | 15 |
| Wild Mushroom Sourdough Toast (560 cal) Grilled Portobello Mushrooms \| Vine Cherry Tomatoes | 15 |
| Crushed Avocado Sourdough Toast (410 cal) <br> Sun Blushed Tomatoes | 15 |
| Red Flannel Hash (370 cal) <br> Heritage Beets \| Fried Potato | Vegan Feta | 17 |
| SOUPS \& SNACKS |  |
| Country Vegetable Soup (250 cal) <br> Tomato Broth \| Seasonal Vegetables | 10 |
| Selection of Crudites ( 420 cal) <br> Hummus \| Guacamole | 10 |
| Hummus (480 cal) <br> Sesame \| Lemon Juice | Olive Oil Khobez Bread | 12 |
| Moutabal (380 cal) <br> Smokey Aubergine \| Sesame | Lemon Juice | Olive oil | Khobez Bread | 12 |
| Falafel (650 cal) <br> Tahini Sauce | 16 |

## SALADS

| Chopped Salad (710 cal) <br> 9 Vegetables \| Vegan Feta | Avocado | <br> Lemon Vinaigrette | 15 |
| :--- | ---: |
| Heirloom Tomato Salad (340 cal) <br> Toasted pine nuts \| Vegan Pesto | <br> Balsamic Vinegar Glaze <br> Heritage Beetroot \& Puy Lentil Salad (450 cal) <br> Seasonal Leaves \| Vegan Feta | Coriander | <br> Citrus Dressing$\quad 19$ |  |

## PASTA \& RISOTTO

Penne Pasta
Vine Plum Tomato Sauce | Fresh Basil |
Vegan Parmesan ( 800 cal)
Or
Flora Cream Sauce | Wild Mushrooms | Herbs (950 cal)
Pumpkin \& Sage Tortellini (900 cal)
Roasted Squash | Pine Nuts | Herb Oil
Mushroom Risotto (950 cal)
Chipotle Almonds | Miso | Almond Butter
MAINS

Grilled Cauliflower Steak (860 cal)

Pine Nut Salsa

Lentil \& Kidney Bean Chilli (650 cal)

DESSERTS
Valrhona Chocolate \& Raspberry Tart (580 cal) 10
Raspberry Sorbet
Seasonal Sliced Fruits \& Berries (180 cal) ..... 14
Selection of Homemade Sorbets (137 cal/scoop) ..... 10

