VEGAN MENII

SALADS BREAKFAST Chopped Salad (710 cal) 15 Granola Yoghurt Parfait (240cal) 10 9 Vegetables | Vegan Feta | Avocado | Coconut Yoghurt | Home Made Granola | Lemon Vinaigrette Seasonal Rerries Heirloom Tomato Salad (340 cal) 19 24 Full English Breakfast (860 cal) Toasted nine nuts | Vegan Pesto | Vegan Sausage | Grilled Portobello Mushroom Balsamic Vinegar Glaze Vine Cherry Tomato | Avocado | Baked Beans | Hash Browns Heritage Beetroot & Puy Lentil Salad (450 call) 19 Seasonal Leaves | Vegan Feta | Coriander | 15 Warm Ouinoa Bowl (590 cal) Citrus Dressing Wakame Sauerkraut | Butternut Squash | Edamame Beans Yuzu Dressing PASTA & RISOTTO Wild Mushroom Sourdough Toast (560 cal) 15 Penne Pasta 17 Grilled Portobello Mushrooms | Vine Cherry Tomatoes Vine Plum Tomato Sauce | Fresh Basil | Vegan Parmesan (800 cal) Or Crushed Avocado Sourdough Toast (410 cal) 15 Flora Cream Sauce | Wild Mushrooms | Herbs (950 cal) Sun Blushed Tomatoes Pumpkin & Sage Tortellini (900 cal) 17 Roasted Squash | Pine Nuts | Herh Oil Red Flannel Hash (370 cal) 17 Heritage Beets | Fried Potato | Vegan Feta 17 Mushroom Risotto (950 call) Chipotle Almonds | Miso | Almond Butter MAINS Grilled Cauliflower Steak (860 call) 19 SOLIPS & SNACKS Spinach | Quinoa | Caper | Golden Raisin Pine Nut Salsa Country Vegetable Soup (250 cal) 10 Tomato Broth | Seasonal Vegetables Lentil & Kidney Bean Chilli (650 cal) 18 Steamed Basmati Rice Selection of Crudites (420 cal) 10 Hummus | Guacamole DESSERTS Valrhona Chocolate & Raspberry Tart (580 cal) 10 12 Hummus (480 cal) Raspberry Sorbet Sesame | Lemon Juice | Olive Oil Vhohoz Broad Seasonal Sliced Fruits & Berries (180 call 14 Moutabal (380 cal) 12 Smokey Aubergine | Sesame | Lemon Juice | Selection of Homemade Sorbets (137 cal/scoop) 10 Olive oil | Khohez Bread Falafel (650 cal) 16 Tahini Sauce