

# A VEGAN MENU

## STARTERS // SHARERS

Allotment sharer - Avocado hummus, sunsweet tomato hummus, garlic and herb olives,  
warm spicy tortillas 10.95

Crispy hot wings Seitan in our secret batter with garlic mayo 6.50

Soup of the day, bread, herbs 4.95

Stone baked vegan cheesy garlic & herb bread 3.95

## MAINS

Vegan Fish & Chips - Fried Tofu, nori, triple cooked chips, tartare sauce 13.95

A Crispy fillet burger - seitan fillet, chilli avocado, salad, red onion, garlic mayonnaise, skin on fries 13.95

Roasted butternut squash salad, avocado, pomegranate, carrot ribbons, toasted superseeds, lime & maple  
dressing with marinated tofu 12.95

Lentil, mushroom & olive burger, red onion marmalade, skin on fries 13.50

## STONE BAKED PIZZA

AUNTY MARG - Vegan cheese, tomato sauce & fresh basil 8.95

WOODMAN - Wild mushroom, vegan cheese, red onion, chervil, tarragon 12.95

## SIDES

Sweet potato Wedges £3.95 Skin on Fries 2.95

Mushy Peas 2.50

Seasonal Greens 3.95

## DESSERTS

Raw vegan brownie 6.95

Blackberry and Prosecco Sorbet by Poco Gelato (Leigh on Sea) 4.95

## BRUNCH (served till 3pm)

Paleo nut, goji and coconut cereal with almond milk or Oat milk (vg) (v) 7.50

Protein Bowl - brown rice, spinach, tofu £8.95

Brunch Bloomer - Vegetarian sausage, field mushroom & tomato 7.50

Full Breakfast, Sausage, grilled mushroom, grilled tomato, Heinz beans, toast 7.95

## AFTERNOON TEA

**14.95**

Raw Vegan Brownie & Lemon & Poppyseed Cake

Hummus, falafel, carrot salad & Vegan cheese & Tomato sandwiches Choice of Tea