BREAKFAST & BRUNCH

11AM - 3PM EVERYDAY

SPICED APPLE PORRIDGE BOWL
(POACEAE)

Gluten free organic porridge oats cooked with water & oat milk.
Topped with cinnamon, baked apples, pear compote & rosemary syrup

£4

BEETROOT & CHILLI FRITTERS
(AMARANTHACEAE)

Pan-fried grated beetroot, chilli & pea flour fritters with red cabbage kimchi
Served with house sweet chilli sauce & pan-fried mixed winter greens

£5

CARAWAY SPICED CAULIFLOWER
(BRASSICACEAE)

Roasted cauliflower with toasted caraway seeds & mini oat flour flat breads.
Served with cabbage sauerkraut & mixed winter greens

£6

PAN-FRIED MUSHROOMS
(CUCURBITACEAE)

A mix of wild winter mushrooms (foraged) chestut & portobello.
Served with roasted winter squash, mixed winter greens & a molasses sauce

£6

VEGAN WHITE PUDDING
(ALLIODEAE)

A vegan take on white pudding (all spice, onion, cauliflower & oat bake)
Served with slow cooked onion sauce & mixed winter greens

£5

PARSNIP & BAKED EGGS
(APIACEAE)

Roasted & pureed parsnip & cold pressed rapeseed oil baked with 2 organic eggs
Served with baked kale, mixed winter greens & organic yoghurt (V)

£7

ADDITIONS.

SOURDOUGH TOAST + £2.00 **POACHED/FRIED EGGS (V) + £2.00** **PORK BELLY (M) + £2.00**

WEEKEND SPECIALS

11AM - 3PM SAT & SUN

OAT & SPELT HAGGIS
(POACEAE)

Braised oats, spelt, carrot, swede & onion with mace & pepper.
Mixed winter greens & brown sauce

£7

SMOKED HADDOCK
(FABACEAE)

Smoked haddock poached in milk with toasted rye, poached eggs & carlin peas (F)

£11

PORK BELLY HASH
(SOLANACEAE)

Overnight pork belly, roasted potato, braised cabbage with mixed greens & fried egg (M)

£9

ALL ITEMS ARE VEGAN & GLUTEN FREE UNLESS STATED | MEAT (M) FISH (F) VEGETARIAN (V) CONTAINS GLUTEN (G)

LUNCH

11AM- 5PM WEEKDAYS

HOT BOWLS

SOUP & DUMPLINGS* (APIACEAE)

Roasted parsnip, onion & all spice soup.
Served with bread end & onion dumplings
(G) or haver breads

£4

BEETROOT BORSCHT (AMARANTHACEAE)

Eastern European inspired beetroot stew with split peas & caraway.
Served with haver breads (oat flour flatbreads)

£7

CELERIAC SAVOURY PORRIDGE (APIACEAE)

A rissoto-style stew with oats, spelt & creamed celeriac.
Served with pickles & sourdough (G)

£7

SANDWICHES

VENISON & ONION* (ALLIODEAE) £8

Pan fried venison steak with caramilesed onion (M) (G)

CELERIAC & TAHINI (APIACEAE) £5

Baked celeriac with sunflower seed tahini (G)

BEETROOT & YOGHURT (AMERANTHACEAE) £5

Roasted beetoot & organic yoghurt (V) (G)

EXTRAS

SOURDOUGH BREAD £2

SIDE OF KIMCHI £2

SALAD BOWLS

ROASTED ROOTS (APIACEAE)

Mixed roasted vegetable salad
(carrot, celeriac & parsnip)
Mustard dressing & mixed spices

£6

RAW & FERMENTS (BRASSICACEAE)

Grated carrot, beetroot & apple
Green cabbage sauerkraut & red cabbage kimchi
EYG vinegars & molasses dressing

£6

SEEDS & GRAINS (POACEAE)

Braised oats & spelt
Toasted sunflower, fennel, coriander & cumin
Pea shoots, micro herbs & rapeseed oil

£6

SWEETS

CHOCOLATE & GINGER TIFFIN £2.5

SPICED APPLE TIN LOAF £2.5

SPECIALS ask for details £ -

LUNCHTIME MEAL DEAL

LUNCH & DRINK & CAKE £10

12 - 2PM MON - THU

DRINKS INCLUDED: ANY SOFT DRINK / ANY HOT DRINK /
SMALL DRAFT BEER / SMALL HOUSE WINE

ITEMS NOT INCLUDED

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