

SAMPLE MENU



BREAKFAST

Plant Breakfast Pots from £2.95

Coconut yoghurt, house granola, fresh mango & goji berries
Fresh fruit salad, pomegranate & mint
Bircher muesli, red fruits & lemon thyme
Overnight oats, apple, cinnamon & seasonal berries

Plant Breakfast from £3.95

Sweet potato and courgette bread, whipped avocado
Green shakshuka pot, free range egg

LUNCH

Plant Pots & Salads from £3.95

Quinoa falafel, brown rice & naked slaw, harissa yoghurt
Freekeh tabbouleh, spiced cauliflower & baked aubergine
Turmeric hummus, seasonal crudites, rapeseed & mustard cress
Shaved fennel, sumac, pomegranate, orange, feta

PLANT HOT MAINS

from £7.95

Korean tempeh, smashed avocado, lime vegan mayo, seeded roll
Quinoa falafel, brown rice & naked slaw, harissa yoghurt
Charred sweet potato, wild rocket, roasted red onion, tahini
Butternut squash Massaman, sticky rice, toasted coconut
Seitan keema, wholegrain rice, raita, Kachumba

SELECTION OF SANDWICHES & SALADS

from £3.95

SUSHI

from £3.95

SWEET TREATS

from £2.95

Oatmeal breakfast muffins
Vegan raspberry croissant
Banana bread muffin, blueberries
Pineapple and coconut friand
Pistachio and dark chocolate energy bite

HOT DRINKS

from £2.60

Flat white
Latte Regular
Cappuccino
Americano Regular
Espresso single/double
Macchiato
A range of traditional and flavoured teas
Hot Chocolate

PLEASE ASK TO SEE THE DAILY SPECIALS MENU



PLANT

THE GREEN KITCHEN

DRINKS

BEER & CIDER

Asahi Super Dry	330ml	5.2%abv	£5.00
London Pale Ale	330ml	4.3%abv	£5.50
Anytime IPA	330ml	4.7%abv	£5.50
Cornish Orchard Gold	330ml	5%abv	£5.50

WINE & SPARKLING

A Day at the Vineyard Chenin Blanc	187ml	12% abv	£6.00
A Day at the Vineyard Pinotage	187ml	13% abv	£6.00
A Day at the Vineyard Pinotage Rosé	187ml	12% abv	£6.00
Vitelli Prosecco NV	200ml	10.5% abv	£8.50

SOFT DRINKS

Life Water Still	330ml	-	£2.25
Life Water Sparkling	330ml	-	£2.25
Orange Juice	330ml	-	£3.00
Apple Juice	330ml	-	£3.00

SPARKLING DRINKS

Coke	330ml	-	£2.15
Diet Coke	330ml	-	£2.10
San Pellegrino Aranciata	330ml	-	£2.10
San Pellegrino Limonata	330ml	-	£2.10