

Vegetarian menu

Tomato and rocket bruschetta

... £7.50

Ricotta and spinach canelloni

with a tomato and basil sauce ... £14

Rigatoni pasta

with courgette and chickpea in a tomato sauce ... £15

Nut loaf

served with mixed vegetables ... £9

Vegan menu

Avocado and tomato salad

in a lemon dressing ... £8

Wholewheat penne pasta

with chickpeas, asparagus and peppers,
in a garlic, tomato and basil sauce ... £13

Sweet potato chilli

served with red rice and quinoa ... £11

Stir fry

wholewheat noodles stir fried in sesame oil, soya sauce, ginger and lemongrass with soya beans, peppers, mushrooms and mangetout ...
£12

Allergy advice:

All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients ... if you have a food allergy please let us know before ordering.

Full allergen information is available.