

THE VEGAN SHEED

BREAKFAST

Served from 09:30 until midday

Vegan Breakfast (VE) (GFO) 6.95
Mediterranean vegetables, sautéed potatoes, baked beans, cherry tomatoes, mushrooms, toast

While you wait...

Rosemary & Garlic Halkidiki Olives (VE) (GF) 3.95
Focaccia Bread, Olive Oil, Balsamic (VE) (GFO) 3.95
Focaccia Bread, Hummus (VE) (GF) 4.20

SOUP (V) (GFO) Served with crusty bread.
Please ask if today's option is vegan

Tapas - To start <<<

Padrón Peppers (VE) (GF) 4.50
Olive oil, sea salt

PIZZA

Hand rolled authentic Italian pizza bases with homemade tomato passata & vegan mozzarella

Margherita (VE) 8.95
Vegan mozzarella, cherry tomatoes, basil

Mediterranean (VE) 11.50
Vegan mozzarella, Mediterranean vegetables, black olives, sun-blushed tomatoes, oregano

Jackfruit (VE) 10.95
Lightly spiced BBQ jackfruit, vegan mozzarella, jalapeños

Make your pizza **SKINNY**

SANDWICHES

Multigrain seeded baguette, mixed leaves

Mediterranean Vegetable (VE) (GFO) 7.95
Lettuce, hummus

Burger <<

Jackfruit (VE) (GFO) 11.50
Lightly spiced BBQ jackfruit, vegan mozzarella, guacamole, tomato, cos lettuce, pickle, ciabatta.
Served with mixed salad

MAINS

Goan Vegetable Curry (VE) (GFO) 11.95
Chickpeas, peppers, courgette & aubergine in a medium coconut curry sauce. Bread & rice

Superfood Salad (VE) (GF) 10.95
Mixed leaves, cherry & sun-blushed tomatoes, onion, kale, spinach, new potatoes, rice, chickpeas, hummus, guacamole, walnuts, herbs, lemon & garlic oil

On the side

Vegan Side Salad (VE) (GF) 3.50
Roasted Med Veg (VE) (GF) 3.95

Kids' Menu

Vegan Cheese & Tomato Pizza (VE) 5.95
Vegan Cheese & Tomato Pasta (VE) 5.95
Hummus, Carrot & Bread Sticks, Tomatoes (VE) (GFO) 4.95

DESSERTS

Apple & Caramel Tart (VE) 5.95
Vegan vanilla ice cream, maple syrup
Vegan Vanilla Ice Cream (VE) 4.95
Sorbet Selection (VE)(GFO) 4.95
Ask for available flavours

(VE) Vegan (GF) Gluten free (GFO) Gluten free option available.

Allergens: If you have any allergies or dietary requirements, please let us know.

A concise list of common allergens contained in our food is available on request.

Please note it is possible that all of our dishes may contain traces of any common allergen.