








## Sample menu

### Savouries...

Afghan brown lentil and butternut squash soup 	£5.50
with organic sourdough bread	
Roasted beetroot and buckwheat salad 	£6.50
with fennel, garden herbs & hazelnuts	
The Lunch Plate 	£10.25
Mung bean dhal, Tomato, chickpea & courgette stew, local salad leaves & organic sourdough bread	

### Sweets...

Pistachio cake	£4.20
Spiced apple & cinnamon cake	£3.10
Chocolate & lime cake 	£3.40
Coconut cake with silk meringue buttercream	£4.80
Apple & orange gingerbread 	£3.40
Carrot, banana & walnut cake	£3.80
Prune cake with maple cream	£4.20
Wholesome vanilla & maple syrup teacake 	£2.75
Fig & barley fruit loaf 	£3.10

All dishes are 100% vegetarian, always homemade, organic and local where possible



- Gluten Free Option



- Vegan Option

