

Starters

- SMASHED CUCUMBER** 7.95
edamame, avocado, spring onion, mint, coriander, ginger and mixed toasted sesame seeds
Allergens: Sesame, Soy, Sulphites
- ASPARAGUS** 7.50
seasonal asparagus with lemon juice served with a garlic mayo
Allergens: Soy, Mustard, Sulphites
- ZUCCHINI TEMPURA** 5.95
crispy gluten-free batter with garlic mayo
Allergens: Soy, Mustard, Sulphites
- DHAL SOUP** 6.95
butternut squash and red lentils served with coconut yoghurt and tamari seeds
Allergens: Gluten, Sulphites, Sesame, Soy

Salads & Bowls

- SWEET POTATO & ZUCCHINI FRITTER** 13.95
served with beetroot houmous, tahini sauce and herb salad in a lemon dressing
Allergens: Gluten, Sesame, Sulphites
- BUDDHA BOWL** 10.95
quinoa and millet, sugar snaps, edamame, carrot, cucumber, red cabbage, peppers and coriander with a soya peanut dressing
Allergens: Soy, Peanuts, Sulphites
- MISO NOODLE SALAD** 10.95
Miso glazed mushrooms, edamame beans, sugar snaps, spring onion and glass noodles with roasted peanuts in a ginger soya dressing, served cold
Allergens: Gluten, Sesame, Sulphites, Soy, Peanuts
- TEX MEX SALAD** 12.45
black beans, avocado, sweetcorn, baby gem, datterini tomatoes, red onion, red peppers, red rice and salsa with savoury pecan crunch in a coriander cashew cream dressing
Allergens: Soy, Nuts

LG – Low Gluten

Mains

- ARTICHOKE PESTO PASTA** 14.95
linguine pine nut pesto with tarragon and hazelnut dressing topped with parmesan and chilli flakes
Allergens: Gluten, Nuts
- GLAZED MISO AUBERGINE** 14.95
roasted and glazed aubergine with spinach, spring onion and spelt in a pomegranate dressing
Allergens: Gluten, Sesame, Soy, Sulphites
- CHARGRILLED CAULIFLOWER STEAK** 13.95
with chimichurri, saffron coconut yoghurt and herb salad in a lemon dressing
- THE WULF BURGER** 15.95
topped with tomato, baby gem, pickle, red onion and cashew aioli in a brioche bun with house sauerkraut and french fries; plant-based cheese available
Allergens: Gluten, Nuts, Soy, Mustard, Sulphites
- GREEN COCONUT CURRY** 13.95
sweet potato mash and seasonal vegetables, aromatic thai roots, spices and coconut cream with jasmine rice
Allergens: Sesame
- CHILLI 'NON' CARNE** 12.95
smoky chilli of spiced mushrooms, lentils and kidney beans on basmati herb rice with cashew sour cream, lime and coriander cress
Allergens: Nuts, Sulphites
- WULF PIE** 14.50
pulled jackfruit and lentil stew with mashed potato and baby carrots, garnished with parsley, peas and chilli
Allergens: Soy, Sesame
- Sides**
- CHARGRILLED TENDERSTEM BROCCOLI** 6.50
with porcini breadcrumbs
Allergens: Gluten, Soy
- MAC'N'CHEESE** 6.95
Allergens: Gluten, nuts, mustard
- MIXED GREEN SALAD** 4.95
- AVOCADO** 3.50
- FRENCH FRIES** 3.95
- KIMCHI** 3.50
Allergens: Soy, Sulphites, Mustard, Celery