

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