

While You Wait

ROASTED SMOKY ALMONDS	3.95
<i>Allergens: Nuts</i>	
OLIVES	3.95
BREAD WITH OLIVE OIL & BALSAMIC	3.50
<i>Allergens: Gluten (LG Optional)</i>	
EDAMAME PODS	4.95
with chilli garlic or Maldon salt	
<i>Allergens: Soy</i>	

Starters

BAO BUN	8.95
hoisin shredded seitan, cucumber, spring onion and sesame seeds with sriracha mayo	
<i>Allergens: Gluten, Soy, Sesame, Mustard, Sulphites</i>	
GYOZA	6.95
stuffed with smoked tofu, kimchi and king oyster mushrooms with soya dipping sauce	
<i>Allergens: Gluten, Soy, Sesame, Mustard, Sulphites</i>	
SMASHED CUCUMBER	7.95
edamame, avocado, spring onion, coriander, seaweed and mixed toasted sesame seeds	
<i>Allergens: Sesame, Soy, Sulphites</i>	
ASPARAGUS	7.50
seasonal asparagus with lemon juice served with a garlic mayo	
<i>Allergens: Soy, Mustard, Sulphites</i>	
ZUCCHINI TEMPURA	5.95
crispy gluten-free batter with garlic mayo	
<i>Allergens: Soy, Mustard, Sulphites</i>	
DHAL SOUP	6.95
butternut squash and red lentils served with coconut yoghurt and tamari seeds	
<i>Allergens: Gluten, Soy, Sulphites, Sesame</i>	

Sides

CHARGRILLED TENDERSTEM BROCCOLI	6.50
with porcini breadcrumbs	
<i>Allergens: Gluten, Soy</i>	
MAC'N'CHEESE	6.95
<i>Allergens: Gluten, nuts, mustard</i>	
MIXED GREEN SALAD	4.95
AVOCADO	3.50
FRENCH FRIES	3.95
KIMCHI	3.50
<i>Allergens: Soy, Sulphites, Mustard, Celery</i>	

Salads & Bowls

SWEET POTATO & ZUCCHINI FRITTER	13.95
served with beetroot houmous, tahini sauce and herb salad in a lemon dressing	
<i>Allergens: Gluten, Sesame, Sulphites</i>	
BUDDHA BOWL	10.95
quinoa and millet, sugar snaps, edamame, carrot, cucumber, red cabbage, peppers and coriander with a soya peanut dressing	
<i>Allergens: Soy, Peanuts, Sulphites</i>	
MISO NOODLE SALAD	10.95
Glazed miso mushrooms, edamame beans, sugar snaps, spring onion and glass noodles with roasted peanuts in a ginger soya dressing, served cold	
<i>Allergens: Gluten, Sesame, Sulphites, Soy, Peanuts</i>	
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	
<i>Allergens: Soy, Nuts</i>	

Mains

ARTICHOKE PESTO PASTA	14.95
linguine pine nut pesto with tarragon and hazelnut dressing topped with parmesan and chilli flakes	
<i>Allergens: Gluten, Nuts</i>	
GLAZED MISO AUBERGINE	14.95
roasted and glazed aubergine with spinach, spring onion and spelt in a pomegranate dressing	
<i>Allergens: Gluten, Sesame, Soy, Sulphites</i>	
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	
<i>Allergens: Gluten, Nuts, Soy, Mustard, Sulphites</i>	
GREEN COCONUT CURRY	13.95
sweet potato mash and seasonal vegetables, aromatic thai roots, spices and coconut cream with jasmine rice	
<i>Allergens: Sesame</i>	
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	
<i>Allergens: Nuts, Sulphites</i>	
WULF PIE	14.50
pulled jackfruit and lentil stew with mashed potato and baby carrots, garnished with parsley, peas and chilli	
<i>Allergens: Soy, Sesame, gluten</i>	