

FOOD MENU

WHILE YOU WAIT

ROASTED SMOKY ALMONDS

Allergens: Nuts

OLIVES

BREAD WITH OLIVE OIL & BALSAMIC

Allergens: Gluten (LG Optional)

STARTERS

SMASHED CUCUMBER

Edamame, avocado, spring onion, coriander, seaweed and mixed toasted sesame seeds

Allergens: Sesame, Soy, Sulphites

GYOZA

Stuffed with smoked tofu, kimchi and king oyster mushrooms with soya dipping sauce

Allergens: Gluten, Soy, Sesame, Mustard, Sulphites

CHEFS SPECIAL

SALADS & BOWLS

BUDDHA BOWL

Quinoa and millet, sugar snaps, edamame, carrot, cucumber, red cabbage, peppers and coriander with a soya peanut dressing

Allergens: Soy, Peanuts, Sulphites

TEX MEX SALAD

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

MAINS

CREAMY LINGUINE

With broccoli in a creamy plant-based parmesan and white wine sauce

Allergens: Gluten, Nuts

GLAZED MISO AUBERGINE

Roasted and glazed aubergine with spinach, spring onions and spelt in a pomegranate dressing

Allergens: Gluten, Sesame, Soy, Sulphites

CHARGRILLED CAULIFLOWER STEAK

With chimichurri, saffron coconut yoghurt and herb salad in a lemon dressing

SPICY VEG BURGER

Spicy vegetable patty in a brioche bun topped with tomato, baby gem, pickle, red onion and cashew alioli with house sauerkraut and french fries; plant based cheese available

Allergens: Gluten, Nuts, Mustard

GREEN COCONUT CURRY

Sweet potato mash and seasonal vegetables, aromatic thai roots, spices and coconut cream with jasmine rice

Allergens: Sesame

CHILLI 'NON' CARNE

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 (LG Optional)

Pulled jackfruit and lentil stew topped with mashed potato and baby carrots

Allergens: Soy

SIDES

MAC'N'CHEESE

Allergens: Gluten, Nuts, Mustard

MIXED GREEN SALAD

AVOCADO

POTATO WEDGES

KIMCHI

Allergens: Soy, Sulphites, Mustard, Celery

£3.95

£3.95

£4.50

£7.95

£6.95

£6.95

£10.95

£12.95

£12.95

£15.50

£13.95

£14.95

£13.50

£12.95

£14.50

£6.95

£5.95

£3.50

£4.95

£3.95