

## To Share

### Nachos

Guacamole, tomato salsa and sour cream with homemade cheese sauce and Jalepenos served on a bed of nachos

Allergens: Gluten, Nuts, Mustard, Sulphites

£11.50

### Garlic & Guacamole Crunch

Avocado based dip with pepper, onion, tomato, coriander and garlic oil served with toasted garlic bread

Allergens: Gluten

£13.50

### Tacos

Choice of Tacos

1 x £5.95 2 x £10.50 3 x £15.00

### Guacamole

Avocado based with pepper, onion, tomato, coriander and garlic oil

Allergens:

### Sweet Potato

Sweet potato and cauliflower in a chipotle cashew cream served with cucumber in a tortilla wrap

Allergens: Gluten, Nuts

### BBQ Tempeh

BBQ tempeh with an avocado salsa served with red and white cabbage in a ranch sauce in a tortilla wrap

Allergens: Gluten, Soy, Sulphites

Please let us know about any dietary requirements and we'd be happy to help. As our dishes are prepared in a kitchen where gluten, nuts products are present, there might be some cross contamination. A discretionary service charge of 12% will be applied to your bill.

## Starters

### Mixed Pitted Olives

£5.95

### Beetroot Hummus dip

Allergens: Gluten, Sesame

£5.95

### Gazpacho

Soup made from tomato, green pepper, cucumber and garlic (served cold)

Allergens: Gluten

£7.95

### Mango & Cucumber Salad

Edamame, mango, tomato, red onion and cucumber served in a pomegranate dressing

Allergens: Soy

£7.95

### Spicy Gyoza

Dumplings stuffed with spicy vegetables with a tamari dipping sauce.

Allergens: Soya, Gluten, Celery, Mustard, Sesame, Nuts, Sulphites

£8.25

## Sides

Avocado £4.95

Green Beans £4.95

Pomegranate Salad £4.95

Kimchi Allergens: Soya £5.95

## Mains

### Open Burrito

Tortilla with Ackee, black beans, red rice, tomato, chilli, onions, peppers, garlic, coriander and sour cream

Allergens: Gluten, Nuts

£15.50

### 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

£15.50

### Creamy Mushroom Pasta

(GF Pasta optional)

Chestnut mushrooms cooked with garlic and oat cream

Allergens: Gluten, Sulphites

Add Truffle Paste: £2.00

£15.50

### The Garden Pie

Portobello mushroom, onion, fennel seeds, carrots, lentils and soya sauce served in a crusty pie, plated with Carrots and mash potato

Allergens: Gluten, Soy

£15.25

Bread with olive oil & Balsamic £5.25

Allergens: Gluten

Potato Wedges  
White £4.95  
Sweet £6.95  
Mixed £5.95

Mac'n'Cheese £8.75  
Allergens: Gluten, Nuts, Mustard, Sulphites

# Main Menu

PLANT-BASED FOOD

### Bolognese

Our twist of Spaghetti Bolognese. REDEFINE MEAT RAGU served on linguine pasta with basil and parmesan cheese

Allergens: Gluten, Soy, Sesame

£15.95

### Green Coconut Curry

Sweet potato mash and vegetables, aromatic thai roots, spices and coconut cream with basmati herb rice

Allergens: Sesame

£16.95

### Wulf Aubergine

Oven baked aubergine with a spinach and chickpea salad in a pomegranate dressing, topped with plant-based feta cheese

Allergens:

£16.95

### Beef Flank Special

Braised PREMIUM REDEFINE MEAT with Red wine, butter bean puree and herb panko

Allergens: Gluten, Mustard, Soya, Celery, Sulphites

£18.95

### Super Salad

Roasted butternut with Kale and feta cheese salad

Allergens: Mustard, Sulphites

£15.25

### Tex Mex Salad

Black beans, avocado, sweetcorn, baby gem, datterini tomatoes, red onion, red peppers, red rice and savoury pecan crunch in a coriander cashew cream dressing

Allergens: Gluten, Soy, Nuts

£15.50

### BigWulf Burger

PREMIUM REDEFINE MEAT with burger sauce dressing, pickled onion, vegan cheese, baby gem and shallots in a multiseed bun. Served with wedges

Allergens: Gluten, Celery, Mustard, Soya, Sulphites

### Truffle Burger

PREMIUM REDEFINE MEAT with truffle salad, truffle mayo with vegan cheese and beef tomato in a multiseed bun. Served with wedges

Allergens: Gluten, Soya

£17.95