Main Menu PLANT-BASED FOOD

Mains

Beef Flank

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

Allergens: Gluten, Mustard, Soya, Celery, Sulphites

£18.95

Creamy Mushroom Pasta (GF Optional)

Chestnut mushrooms cooked with garlic and oat cream

(Add Truffle Paste: £2.00) Allergens: Gluten, Sulphites

£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

Bolognese MEAT

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

Allergens: Gluten, Soy, Celery

£16.95

Starters

Mixed Pitted Olives

£5.95

Mango & **Cucumber Salad**

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

Allergens: Soy

£7.95

Hoisin Bao 🚭

Our take on Hoisin duck in sauce with carrot, spring onion, cucumber and shichimi Togarashi Allergens: Sesame, Gluten, Soy, Sulphites

£5.95

Tofu Gyoza

Dumplings stuffed with vegetables and tofu with a tamari dipping sauce.

Allergens: Soy, Gluten, Sesame

£8.50

Miso Aubergine Bao

Steamed Bao bun with deep fried aubergine, vegan mayo, carrots and spring onion

Allergens: Sesame, Gluten, Soy

£5.95

Spicy Gyoza

Dumplings stuffed with spicy vegetables with a tamari dipping

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

£8.50

Cauliflower Bao

Steamed Bao bun with cauliflower, chestnut mushrooms breadcrumbs and cheese sauce Allergens: Sesame, Gluten, Soy

£5.95

Sticky Cauliflower

Crispy tempura-fried cauliflower with a sticky tamarind dip Allergens: Gluten, Mustard, Nuts, Sesame

£5.95

£4.95

£4.95

£4.95

£5.25

£5.95

£6.50

£8.75

£8.50

Sides

Avocado

Green Beans

French Fries

Mac'n'Cheese

Side Salad

KIMChi Allergens: Sov

Pomegranate Salad

Bread with Olive oil & Balsamic

Allergens: Gluten (GF Optional)

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

Katsu Curry

Katsu Curry with breaded aubergine and sweet potato. Served with rice and mixed leaves.

Allergens: Gluten, Mustard, Soy, Sulphites, Celery

£16.95

Green Coconut Curry

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

Roasted butternut with Kale and

Allergens: Mustard, Sulphites

£16.95

Super Salad 🐵

feta cheese salad

"Fish" Burger

Banana blossom "fish" burger with tartare sauce, red onion, pickle and siracha mayo in a seeded bun. Served with fries

Allergens: Gluten, Mustard, Soy, Sulphites

£16.95

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

£16.95

BigWulf Burger WEAT

Allergens: Gluten, Celery, Mustard, Soy, Sulphites

Tofu Chimichurri Salad

Smokey tofu with red cabbage, radish, popponcini peppers and carrots on a bed of baby gem lettuce with chimichurri

Allergens: Gluten, Soy, Mustard, Sulphites

and Tamari dressing

Please let us know about any dietary requirements and we'd be happy to help.

Allergens: Gluten, Nuts, Mustard, Sulphites

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.

Wulf Aubergine

£16.95

Aubergine Lasagne

Served with garlic bread

£15.25

£15.50

Tex Mex Salad

Marylebone's twist on lasagne. Tofu

bechemal sauce in lasagne sheets.

Allergens: Gluten, Soy, Celery, Sulphites

Black beans, avocado, sweetcorn,

baby gem, datterini tomatoes, red

savoury pecan crunch in a coriander

onion, red peppers, red rice and

cashew cream dressing

Allergens: Gluten, Soy, Nuts

Blossom "Fish" Cakes

Banana Blossom, mash potato.

seaweed & dill "fish" cakes, Served

with tartare sauce, petit pois and fries

Allergens: Gluten, Mustard, Sulphites, Soy

and aubergine in a tomato and

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

Allergens:

£15.25

£15.75

£15.95