

BREAKFAST & BRUNCH 11am – 2pm (10am saturday & sunday)

Marmite & vegan spread on toast £2

Homemade jam on toast £2

GRANOLA BOWL £5

Home made granola with soya yogurt or nut milk, a selection of fresh fruit and mixed omega seeds

ACAI BOWL £5

Frozen smoothie bowl with soya yogurt, a selection of fresh fruit and mixed omega seeds

SWEET PANCAKES £5

with soya yogurt, a selection of fresh fruit and mixed omega seeds

Check our specials boards or ask our staff to give you the low down on what lush fruit we could get our hands on this week.

MEDITERRANEAN VEG £6.5

roasted med veg, hummus & vegan feta on toasted sour dough

AVOCADO SMASH £6.5

avocado with lime, chilli, coriander & cherry tomato on toasted sour dough

SWEET POTATO & FALAFEL WRAP £6.5

salad, hummus, olives, pickled cabbage

Don't fancy the bread? Get a hash bowl for £7.50 – Basically a bit of all the savoury stuff listed above

LUNCHTIME TAPAS MENU 12PM – 4PM Tues - Saturday

a fusion of Far & Middle Eastern food with a splash of the Mediterranean

ANY 3 TAPAS FOR £12 12PM TIL 4PM TUES – FRIDAY

VIETNAMESE SPRING ROLLS £6 (GF) (N)

sweet tamari sauce, peanut crumb

GADO GADO VEGETABLES £6 (GF) (N)

spicy peanut sauce, rice cracker, toasted nuts

KIMCHI PANCAKES £6 (GF)

Asian slaw, miso sauce

SWEET POTATO FALAFEL £5.50 (GF)

salsa, humus

MAPLE & HARISSA AUBERGINES £5 (GF) (N)

tzatziki, nuts

SWEETCORN FRITTERS £5

avocado, lime, chilli

PATATAS BRAVAS £5.5 (GF)

spicy tomato sauce

FABADA BEANS IN A RICH TOMATO SAUCE £5.50 (GF)

buckwheat, fresh citrus & herbs

NOURISHING SOUP BOWL £5

with toasted sourdough

SIDES & EXTRAS ANY TWO FOR £5

MIXED OLIVES £3 (GF)

FETA & SUNDRIED TOMATOES £4 (GF)

TZATZIKI £3 (GF)

HUMUS £3 (GF)

RAINBOW SALAD £4.50 (GF)

ASIAN SLAW £4 (GF)

THAI RICE £1.50 (GF)

LITTLE GREEN FRIED RICE £3 (GF)

GUACAMOLE £4 (GF)

FLATBREADS £2

SWEET POTATO £4 (GF)

KIMCHI £4 (GF)

WOK FRIED GREENS £4

TABBOULEH £4 (GF)

EVENING TAPAS MENU 4PM – 9PM Tues - Saturday

a fusion of Far & Middle Eastern food with a splash of the Mediterranean

GET ANY 3 TAPAS WITH 2 DRINKS FROM SELECTION £20 4PM – 9PM TUES TO THURSDAY

MISO & MAPLE TOFU £5.50 (GF)

pickled vegetables

VIETNAMESE SPRING ROLLS £6 (GF) (N)

sweet tamari sauce, peanut crumb

GADO GADO VEGETABLES £6 (GF) (N)

spicy peanut sauce, rice cracker, toasted nuts

BIBIM BOWL £6.5 (GF) (N)

wok fried & pickled vegetables, rice, cashew nuts

TEMPURA VEGETABLES £5.50

sweet & sour sauces

KIMCHI PANCAKES £6 (GF)

Asian slaw, miso sauce

SWEET POTATO FALAFEL £5.50 (GF)

salsa, humus

MAPLE & HARISSA AUBERGINES £5 (GF) (N)

tzatziki, nuts

SWEETCORN FRITTERS £5

avocado, lime, chilli

PATATAS BRAVAS £5.5 (GF)

spicy tomato sauce

MEATLESS BALLS £5.5

paprika & chilli spiced balls, rich tomato sauce, mixed grains

FABADA BEANS £5.00 (GF)

rich tomato sauce, chives

Please be aware that food will come to your table as and when it is prepared due to the nature of our fresh to order tapas menu, not all dishes can be prepared at once.

PIZZA MENU 5PM-9PM

all pizzas are made fresh to order and hand rolled by our chefs. Please be aware that there may be up to a 45 minute wait for pizzas during peak times!

All pizzas can be made with gluten free bases and nut free with the exception of pizzas marked with **

ESPANOLA choose Mozzarella or Feta £12

tomato sauce base, fabada beans, chillies, sweet salsa, avocado

BONSAI PART II choose Mozzarella or Feta £13 (N)

tomato sauce base, kimchi, Asian slaw, toasted cashews, coriander

AUBERGINE DREAM choose Mozzarella or Feta £13 (N)

tomato sauce base, harrissa aubergines, barberries, tzatziki, crushed nuts

OH MY GADO choose Mozzarella or Feta £13 (N) **

tomato sauce base, spring onions, gado gado sauce, cauliflower, toasted peanuts

MIDDLE EASTERN DELIGHT £12

tomato sauce base, feta, olives, pickled red cabbage, tahini sauce

MARGERITA £8.50

tomato sauce base, feta or mozzarella

DOUGH BALLS 6 OR 12 £6 OR £8

garlic mayo, chilli sauce

ADD EXTRA TOPPINGS £1

olives, feta, mozzarella, sun dried tomatoes, sweetcorn, spring onions, toasted mixed seeds, garlic mayo, house siracha

ADD EXTRA TOPPINGS £2

pan fried & seasoned tofu, harissa aubergines, toasted mixed nuts

KIDS MEALS £4.50

Mini Mung Bean Burger

Tofu Fried Rice & Veg

Margerita Pizza

Pancakes & fresh fruit

Bambino Mezze