



vegan menu

*please inform your server that you are ordering
from the vegan menu*

Small Plates

Olives - see specials boards £3

Antipasti olive mix - £2.75

Habas - fried, spiced broad beans £1.75

Hummus - with pitta £4

Cashew alloli - with ciabatta £4

Garlic and rosemary - stone baked bread £4.25

Dolmades - stuffed vine leaves £3

Falafel - lime and coriander cashew cream, rocket £5.50

Panella - Sicilian chickpea fritters with arrabbiata sauce £4

Mushroom bruschetta - walnuts, garlic, wild rocket £5

Vegan Board - falafel, dolmades, panella, plum tomato salad, marinated artichoke hearts, hummus, cashew alloli, spicy mango dip, habas, mixed olives, pitta small £11 large £20

Salads and Sides

Warm new potato, green bean & black olive salad - spring onion, spinach, sun-blushed tomatoes, vinaigrette and crushed habas £9

Greek salad - small £4 large £8

Panzanella - heirloom tomatoes, onion, basil, cucumber, ciabatta croutons, vinaigrette £4

Plum tomato - red onion, olives, basil £3.75

Green salad - baby gem, spinach, wild rocket, cucumber £3

Sautéed or New potatoes - £2.50

Olive oil mash - £2.50

Green beans - £2.50

Roast tomatoes - £3

Sautéed courgette - £2.50

Sautéed spinach - garlic, pine nuts £3

Preserved lemon cous cous - with almonds £3

Pasta

Primavera - peas, baby broad beans, green beans, spring onion, cashew cream, mint, lemon £11

Penne all'arrabbiata - cherry tomatoes, courgette, red onion, spinach, black olives, spicy tomato sauce, toasted seeds, basil £10

Wild mushroom ragu - red wine, garlic, onion, spinach, toasted hazelnuts £13

Stone Baked Pizza

Choose - either tomato sauce, butternut squash or garlic oil base

Add 4 toppings - red pepper, white onion, wild mushrooms, leek, mushrooms, artichoke, courgette, black olives, walnuts, spinach, sun-blushed tomato, plum tomato, wild rocket, toasted pine nuts, basil, fresh chilli

Ask for - garlic oil, sesame oil or chilli oil to finish £12

Mains

Falafel - with heirloom tomatoes, onion, basil, cucumber, baby gem, spicy mango sauce and pitta £10

Leek and artichoke risotto - balsamic reduction £10

Desserts

Cassata - vanilla ice cream with Marsala soaked fruit and crushed biscoff £3 per scoop

Chocolate brownie - vanilla ice cream £6

Affogato - vanilla ice cream "drowned" with a shot of espresso £3.75

Lemon affogato - lemon sorbet with a shot of limoncello £4.75

Vanilla ice cream - 2 scoops £4.40

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To the best of our knowledge and endeavour the items on this menu are suitable as part of a vegan diet.

However, we do not have separate ovens or a fryer specifically for cooking vegetarian or vegan items.

If you have any other dietary requirements please inform your server and we will try to accommodate your needs and provide accurate information regarding the ingredients in our dishes and the risk of cross contamination.

We stock gluten free and wholemeal pastas and brown rice.



a group of individual venues

Café Bencotto
Pizza, Pasta, Mediterranean
www.cafebencotto.co.uk
01394 276745

The Alex Café Bar &
The Alex Brasserie
www.alexcafebar.co.uk
01394 282958

The View Point Cafe
Fish and Ships
Landguard Peninsula
www.yeogroup.co.uk