



plant-based menu

please inform your server that you are ordering from the plant-based menu

Small Plates

Olives - see specials boards £3

Antipasti olive mix - £3

Habas - fried, spiced broad beans £1.75

Hummus - with pitta £4

Cashew alloli - with ciabatta £4

Garlic and rosemary - stone baked bread £4.25

Man'oushe - za'atar flavoured flatbread, tomato, cucumber £4

Dolmades - stuffed vine leaves £3

Mushroom bruschetta - walnuts, garlic, wild rocket £5

Plant-based platter - dolmades, plum tomato salad, balela, marinated artichoke, hummus, cashew alloli, habas, mixed olives, pitta small £11 large £20

Salads and Sides

Avocado and walnut - tomato, spinach, cucumber, maple syrup and mustard dressing £11

Greek salad - small £4 large £8

Balela - Middle Eastern chickpea salad £4

Beetroot, orange and mint - £5

Plum tomato - red onion, olives, basil £4

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

Sautéed or New potatoes - £2.50

Green beans - £2.50

Roast tomatoes - £3

Sautéed spinach - garlic, pine nuts £3

Pasta

Rigatoni - roasted peppers, courgette, aubergine and black olives in tomato sauce £11

Arrabbiata - peas, green beans, mushroom, onion, spicy tomato sauce £10

Wild mushroom - spring onion, garlic, cashew cream, lemon, walnuts £13

Stone Baked Pizza

Choose - either tomato sauce or garlic oil base

Add 4 toppings - red pepper, white onion, wild mushrooms, artichoke, red onion, mushrooms, 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

Baked red pepper - filled with sweet onion risotto, with a beetroot, orange and mint salad £12

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

Please inform your server that you are ordering from the plant-based menu.

If you have any dietary requirements or allergies 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