



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 - £2.75

Habas - fried, spiced broad beans £1.75

Hummus - with pitta £4.25

Cashew alloli - with ciabatta £4.25

Garlic and rosemary - stone baked bread £4.25

Dolmades - stuffed vine leaves £3

Ajvar bruschetta - roasted red pepper spread, walnuts, wild rocket £5.50

Mushroom bruschetta - caramelised onions, garlic, wild rocket £5

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

Salads and Sides

Pear and pecan - spinach, wild rocket, baby gem, croutons, maple dressing £8.50

Greek salad - small £4 large £8

Plum tomato - red onion, olives, basil £4

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

Cous cous - preserved lemon and almond £2.50

Sautéed potatoes - £2.50

Blitva - seasoned potatoes tossed with Swiss chard, roasted garlic and olive oil £3.50

Green beans - £3

Roast tomatoes - £3

Sautéed greens - cavolo nero, spinach, garlic £3

Pasta

Fusilli pinoli - cherry tomatoes, cavolo nero, pine nuts, garlic, basil, chilli £9

Penne arrabbiata - peas, Swiss chard, mushroom, onion, spicy tomato sauce £10

Wild mushroom farfalle - spinach, onion, garlic, cashew cream, lemon, toasted walnuts £11

Stone Baked Pizza

Choose - either tomato sauce or butternut squash purée

Add 4 toppings - red pepper, white onion, wild mushrooms, artichoke, red onion, mushrooms, black olives, walnuts, spinach, caramelised onion, pickled mushroom, plum tomato, wild rocket, toasted pine nuts, basil, chilli

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

Mains

Chick pea, sweet potato and apricot tagine - preserved lemon and almond cous cous £12

V-sotto Bencotto - butternut squash, spinach and chilli £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

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