

plant-based menu

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

Brunch (available until 4pm)

Breakfast Flatbread (till noon) with extra virgin olive oil, sea salt & toppings - Cherry tomato & black olive £3.50 Mushroom & red onion £3.50 Za'atar £3

Toasted Ciabatta Sandwiches -

Avocado, tomato, basil £10.50 Roasted Mediterranean vegetables, rocket, muhammara £6.50 Sautéed mushrooms, spinach, onion £5

Small Plates

Olives - see specials boards £3

Antipasti olive mix - £3

Habas - fried, spiced broad beans £2

Hummus - pitta £4.50

Cashew allioli - ciabatta £4.50

Ciabatta - olive oil & balsamic vinegar £6.50

Garlic & rosemary - stone baked bread £5

Dolmades - stuffed vine leaves £3

Muhammara - red pepper & walnut dip, pomegranate molasses, pitta £7 **Roasted Mediterranean vegetable bruschetta** - balsamic onions, rocket £4 **Pomegranate tabbouleh** - rocket, amba sauce £4.50

Salads and Sides

Avocado croûte - mixed leaves, hazelnuts, balsamic onion, raspberry vinaigrette £8.50 **Tabouleh** - bulgar wheat, tomato, cucumber, spring onion, mint, parsley, lemon, olive oil £4.50 **Greek** (no feta) - small £4.50 large £9

Plum tomato - red onion, olives, basil £5

Green - little gem, baby spinach, rocket, cucumber £3

Sautéed potatoes - £3

New potatoes - £3

Green beans - £3

Roast tomato - £4

Plant-based Board - dolmades, hummus, cashew allioli, marinated artichoke hearts, plum tomato, mixed olives, tabbouleh, habas, pitta small £14 large £26

Pasta

Primavera - peas, baby broad beans, green beans, spring onion, cashew cream, mint, lemon £12

Fusilli arrabbiata - roasted aubergine, red pepper & courgette, onion, basil & spinach in chilli & tomato sauce, toasted seeds £11

Stone Baked Pizza

Choose a base - tomato sauce, butternut purée or garlic oil

Add 4 toppings - artichoke, red pepper, courgette, spinach, spring onion, mushrooms, plum tomato, sun-blushed tomato, balsamic onion, caramelised onion, black olives, red onion, walnuts, wild rocket, toasted pine nuts, capers, basil, rosemary, oregano, fresh chilli

Ask for - garlic or chilli oil to finish £14

Vanilla ice cream - per scoop £3

Mains

Green bean, black olive & walnut salad - spring onion, spinach, habas & thyme, cashew allioli, new potatoes £8

Zucca risotto - butternut squash, walnuts, rainbow chard, chilli £10

Desserts

Cassata - vanilla ice cream with Marsala soaked fruit and crushed Biscoff £4 per scoop **Baked apple** - raisins, walnuts, pistachios, cinnamon & cardamom, vanilla ice cream £7 **Chocolate brownie** - chocolate sauce £7 **Affogato** - vanilla ice cream "drowned" with a shot of espresso £4 **Lemon affogato** - lemon sorbet with a shot of limoncello £5.50

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.

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We do not include anything on this menu that goes through our fryer as we do not have a separate fryer for plant-based items.

We stock gluten free pasta.



a group of individual venues in Felixstowe