

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 & oregano £3.25

Mushroom & black olive £3

Toasted Ciabatta Sandwiches -

Avocado, tomato, basil £10.50 Grilled Mediterranean vegetables, hummus & amba £7.50 Sautéed mushrooms, baby spinach, walnuts, balsamic onion £6

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 - extra virgin olive oil & balsamic vinegar £6.50

Garlic & rosemary - stone baked bread £5

Dolmades - stuffed vine leaves £3

Avocado & almonds - preserved lemon couscous, rocket & rhubarb jam £7.50 **Carciofi bruschetta** - artichoke hearts, pear, baby spinach & crushed habas £6

Salads and Sides

Avocado, pecan & pear - baby spinach, little gem, cucumber, rocket, croutons, maple &

mustard dressing £10

Greek (no feta) - small £4.50 large £9 **Plum tomato** - red onion, olives, basil £5

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

Preserved lemon & almond couscous - £4

Grilled vegetable skewer - £3.50

Sautéed potatoes - £3 Greek roast potatoes - £4

New potatoes - £3 Cavolo nero - £3 Green beans - £3

Roast tomato - £4

Plant-based Board - dolmades, hummus, cashew allioli, avocado, plum tomato, habas, preserved lemon & almond couscous, mixed olives, ciabatta small £14 large £26

Pasta

Fusilli arrabbiata - black olives, green beans, mushrooms, onion & walnuts in a spicy tomato sauce, toasted seeds £10

Farfalle alla salvia - butternut squash, sweet potato, hazelnuts, cavolo nero & sage oil £11

Stone Baked Pizza

Choose a base - tomato sauce or garlic oil

Add 4 toppings - red pepper, courgette, spinach, spring onion, mushrooms, plum tomato, sun-blushed tomato, balsamic 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

Mains

Grilled vegetable kebabs - Greek roast potatoes, olive & cucumber salad, amba £14 Risotto ai funghi - wild mushrooms, walnuts, garlic, spinach, truffle oil, rocket £15 Chickpea, sweet potato & apricot tagine - preserved lemon & almond couscous, cavolo nero £13.50

Desserts

Cassata - vanilla ice cream with Marsala soaked fruit and crushed Biscoff £4 per scoop **Baked rhubarb** - vanilla ice cream £5.50 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 Vanilla ice cream - per scoop £3

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 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