



VEGANOLOGY

by FITOLOGY KITCHEN

BREAKFAST - 9am til 12pm

Granola Pot - £ 3.50 (VG) (GF)

Soy Yogurt Granola & Homemade Cranberry Jam

Smashed Avocado - £ 7.00 (VG) (CN)

On Sourdough with wilted Spinach & Cashew Cream Slow Roasted Tomato & Toasted Seeds

Tofu Scrambled Egg - £ 7.00 (VG)

On Sourdough Vegan Sausage, Grilled Tomato & Homemade Baked Beans

LUNCH/DINNER - From 12pm

Soup of the Day served with Sourdough Bread - £ 3.95

Sharing Platters - £ 7.00 (VG)

Tofu Mediterranean Skewers

Pepper, Red Onion, Courgette, Carrot, Cherry tomato & Marinated in Lemon & Chilli

Served with Marinated Olives, Sundried Tomatoes, Soy Yogurt Tatziki, Roasted Red Pepper, Toasted Tortilla Chips

(Gluten Free Tortilla Chips Available Please ask)

Vegan Mexican Bean Burger - £ 8.50 (VG)(CN)

Served with Homemade Smokey Cheese & Chipotle Mayo served in a Ciabatta with

Baked Sweet Potato Wedges & Salad Garnish

(Gluten Free Bun Available Please ask)

Tofu Satay - £ 8.50 (VG)(CN)(GF)

Served with Chard Pineapple, Crispy Kale, Toasted Sunflower Seeds & Brown Basmati Rice

**(VG) Vegan - (V) Vegetarian - (GF) Gluten Free - (CN) Contains Nuts - (CS) Contains Sesame -
(CP) Contains Peanut**

BAR/SIDE ORDER

Baked Sweet Potato Wedges - £ 3.00 (VG)(GF)

Fries - £ 3.00 (VG)(GF)

Korean Cauliflower Popcorn - £ 4.00 (VG)(GF)

Tofu Skewers with Soy Yogurt Tzatziki - £ 4.50 (VG)(GF)

SOMETHING SWEET

Selection - Protein Balls, Pastries & Cakes - (Please see bar area)

Croissants Jam & Butter - £ 2.50 (VG)

Toasted Sourdough Jam & Butter - £ 2.50 (VG)

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DRINKS/SNACKS

Sunsoul - Raspberry - £ 1.50

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Cawston - Elderflower - £ 1.50

Still Water - £ 1.20

Sparkling Water - £ 1.20

Kids Fruit Smoothie - £ 1.50

Kids Cawston - Apple £ 1.20

Candy Kitten - £ 2.00

Urban Fruit - £ 1.50

Pretzel - £ 1.50

Popchips - £ 1.25

Eat Real - Sml £ 1.25 / Lrg £ 2.00

Fruit - £0.50p

Matcha Latte - £ 2.50

Chai Latte - £ 2.50

Turmeric Latte- £ 2.50

Hot Chocolate - £ 2.50

(Almond, Soya, Coconut, Oat, Semi Skimmed)

Positivi Herbal Teas - £ 2.00

English Breakfast - £ 1.50

