



Dinner Menu



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To Start

Soup of the Day £6

Freshly made creamy broccoli, spinach and almond soup, served with wholemeal bread.

Picnic Paté Platter £8

Delicious, homemade black bean pate with a selection of artisan crackers and tomato & roasted pepper chutney.

Yakitori Tofu £7.50

Yakitori marinated tofu covered in panko breadcrumbs with an avocado wasabi purée.

Mains

Mango Tofu & Chickpea Crêpe £13

Mouth watering, deliciously rich and fruity tofu & chickpea mango curry, served on a savoury crêpe.

Miso Aubergine with Black Rice £12.50

Baked aubergine with miso, served with edamame beans and black rice in a soya & garlic dressing.

Herb Dumplings £12

Kale and tofu herb dumplings, served on a bed of wilted spinach with a tomato and caper vierge.

Kaskasa Salad £11.95

Delectable combination of warm courgette & nectarine, couscous, parsley and pomegranate on a bed of exotic leaves with minted tomato dressing.

Sides all £3

Black Rice ~ Steamed Green Vegetables ~ Garden Salad



Desserts, Coffee & Tea

The Sweet Finalé

Mango & White Chocolate Cheesecake £6.50

A dreamy, soft and velvety mango layer atop a scrumptious white chocolate base.

Chocolate Brownie £6.50

Decadent warm brownie, served with a scoop of luscious vanilla ice cream.

Banana and Coconut Parfait £6

A yummy blend of crunchy pecan, chia, cashew and dates with maple syrup. Topped with sliced banana, coconut and chocolate shavings.

Tea

Irish Breakfast
Early Grey
Delicious Berry
Japanese Green
Peppermint
Zesty Lemon
Hibiscus
Spiced Apple
Masala Chai

All £2.25 per pot and served with your choice of soya, oat, almond or coconut milk.

Coffee

Cappuccino £2.80
Latte £2.80
Flat White £2.80
Mocha £3
Americano £2
Espresso £2
Extra Shot £0.60
Extra Milk £0.30
Hot Chocolate £3

Served with your choice of soya, oat, almond or coconut milk.



Wine & Beer

White Wine

Cataratto Pinto Grigio, Dea del Mare, Italy 125ml £3.15 / 175ml £4.25 / bottle £17

Lovey, easy drinking wine made from Pinto Grigio, blended with the local Cataratto grape. Green apple and tropical fruit flavours.

Chardonnay, Deer Point, Bulgaria 125ml £3.40 / 175ml £4.75 / bottle £19

Superb wine, which really over-delivers. Clean and fresh, pear and lemon notes are accompanied by a peach & floral hint. Perfect with tofu!

Airen Sauvignon Blanc, Vergel, Spain (organic) bottle £21

Taken from their oldest, unirrigated vines, this wine is full of texture and intrigue. Subtle herbaceous notes with hints of pineapple and lemon.

Chenin Blanc, The Den, South Africa bottle £25

A lively, medium bodied wine with flavours of creamy pineapple, pink lady apples and melon. Subtle use of oak adds richness and body, yet the refreshing acidity maintains a clean, fresh bottle. Superb.

Red Wine

Cabernet Sauvignon, Deer Point, Bulgaria 125ml £3.25 / 175ml £4.50 / bottle £18

An approachable Cabernet with all of the cassis and cigar leaf you would expect from the variety.

Monastrell Petit Verdot, Vermador, Spain (organic) 125ml £4 / 175ml £5.50 / bottle £22

Both these grapes need long sunshine to ripen fully and they get this in the warm region of Alicante. Dark fruits on the nose lead to a mouth-filling wine with plum and cocoa notes. Excellent value, proving organic need not be expensive.

Malbec, Loma Negra, Chile bottle £25

This hearty Malbec has rich flavours of damsons and plums with a hint of black pepper and chocolate. A fantastic wine.

Beer

Locally sourced, Scottish craft beer from 6° North. all £4.75 per bottle

Peloton Pilsner 4.1% ~ Crisp with a notable bitterness. Refreshing, floral and very drinkable!

Wanderlust Wheat 4.6% ~ A cloudy and white wheat beer. Lustful, creamy aromas.

Hopocrisy Blonde 4.6% ~ Fresh, hoppy aromas with a touch of fruity sweetness.

Chopper Stout 4.1% ~ A classic Belgian style stout. Malty & chocolatey. Silky black magic!



Soft Drinks, Coffee & Tea

Soft Drinks

Fritz Kola	£3
Whole Earth Cola	£2
St Helier Sparkling Orange	£2
St Helier Sparkling Lemon	£2
Ginger Beer	£2
Leftfield Black Tea Kombucha	£3
Leftfield Green Tea Kombucha	£3
Mineral Water (still) 750ml	£4.50
Mineral Water (sparkling) 750ml	£4.50

Tea

All £2.25 per pot and served with your choice of soya, oat, almond or coconut milk.

Irish Breakfast
Early Grey
Delicious Berry
Japanese Green
Peppermint
Zesty Lemon
Hibiscus
Spiced Apple
Masala Chai

Coffee

Served with your choice of soya, oat, almond or coconut milk.

Cappuccino	£2.80
Latte	£2.80
Flat White	£2.80
Mocha	£3
Americano	£2
Espresso	£2
Extra Shot	£0.60
Extra Milk	£0.30
Hot Chocolate	£3