

Plant Based Menu

Breakfast

Chia & flax seed and Algarve and raspberry pudding
Carrot & almond pancakes with mango salsa and shaved coconut
High protein pancakes with Algarve and berries
Black beans and avocado purée, vegan sausage burrito
Pistachio and cranberry flax seeded muffins
Green salad with grilled asparagus wilted kale and radish
Tofu scrambled with tomato salsa and spinach
Banana and flaxseed on sourdough bread with blueberries compote
Butternut, cauliflower, walnut & cranberries patties
Flaxseed and ginger scented carrot muffins
Oatmeal biscuits with mixed wild berries
Homemade granola, dried cranberries, berries and seeds
Tofu shakshuka coriander seed salsa with dates

Smoothies

Beetroot & apple goji berries
Apple, celery, spinach, kale, broccoli, cucumber, parsley, lime juice
Turmeric & pineapple, ginger chia seed
Carrot, apple and lemon, coconut water
Raw peanut, chocolate, raspberry, coconut milk, vanilla essence,

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Snacks

Enoki mushroom and Asian winter garden shoots
with plum chutney & pickled ginger

Butternut purée with toasted walnut crumble on rye bread

Crudities

(Celery, Cucumber carrots, spring onion, radish, cherry tomatoes, broccoli, peppers
with Pea & mint dip, black bean and pine nut,
smoked baba ganoush, olive oil cashew humous)

Tomato & shallot diced black olive with oregano on bruschetta

Pea and mint risotto balls with wild garlic puree

Apple wood smoked cauliflower and harissa wontons with sweet Thai dip

Garlic roasted purple potato with almonds and fragrant cauliflower rice
sumac tempura broccoli with tahini and cashew dip

Jerusalem artichoke and spinach tart, pickled enoki & hazelnut crumb

Balsamic beetroot on toast with nettle jam

Selection of vegetable dim sum with Nam Jim dressing

Lentil Squash fritters with a smoked paprika cashew dip

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Mains Dishes & Salad's

Black mooli with citrus segments with shaved fennel & purple cabbage, edible flower, lemon shallot and thyme dressing

Beetroot Tatar caper and gherkin with fine shallot with pickled radish and baby ruby chard cress

Baked sweet potato halved with flaked almond broccoli, crispy chickpeas, pickled carrots, tricolour quinoa, spring greens cilantro tahini

Crumbled roasted vine cherry tomatoes, black rice, purple shredded cabbage, with Algeria sprouts, caper and shallot vinaigrette

Spicy cumin spiced chickpea and belicata squash with crispy kale, braised red lentils

Fall minestrone with potatoes, carrots, fine green beans, rainbow chard, kidney beans with carrots and almond pesto.

Roasted baby new potatoes, steamed green beans, creamy black bean lentils, fermented cauliflower, watermelon radish and avocado and mandarin vinaigrette

Poke bowl of spouts and mixed green, pickled ribbons cucumbers with shaved carrots, lime avocado with garlic vine tomatoes

Endive and watercress with shaved pink lady apple & pear and walnut salad with wild rocket and chopped walnuts with a French dressing

Heritage beetroot and baby basil with pickled beetroot toasted seeds and rye croutons

Pea and broad bean fricassee with mint and lemon and mint tapenade, drizzled olive oil

Garlic and ginger cured ponzu tofu and with wok vegetables finished with broccoli sprouts and alfalfa sprouts

Three bean salad with roasted fire peppers, baby garlic and thyme yellow tomatoes and shredded baby gem, black olives, fragrant cous cous, caramelised red onions and coriander salsa

Grilled miso marinated aubergine steak with crispy sesame seeded cauliflower with tender stem, fragrant coconut rice, crispy shallots

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Desserts

Peanut butter and chocolate chip brownie

Avocado and cashew & flaxseed cookie bars

Flax and almond chocolate oats

Creamy butternut squash pudding with dried cranberries

Raspberry and walnut vegan cheesecake

Cherry and mint sorbet with chopped pistachios
Lemon and lime bars

Raw date and strawberry crumble

Chocolate and courgette bread

Mango and orange sorbet with coconut and chopped hazelnut's