

Lunch Menu

SMALL PLATES	BBQ Vegetable Salad BBQ vegetable & lettuce salad, crispy kale, pickled candied beetroot, carrot and radish served with a chilli dressing. (GF)(VE) £6.5 Croquettes Sweet potato, feta and spinach croquettes with mushroom ketchup (V) £5 Roasted Cauliflower Roasted spiced cauliflower, tahini, pomegranate & harissa (VE)(GF) £6.5 Baked Aubergine Half stuffed Aubergine with courgette, confit tomato & butternut squash. (VE)(GF) £6 Bulgogi Steak Skewers Bulgogi marinated beef fillet skewers, sesame & spring onion. (GF) £7.5	BOWLS	Superfood Salad Rocket & spinach, pickled beetroot, quinoa, avocado, pumpkin seeds, goji berries, walnuts and a light vinaigrette. (VE)(GF) £8 Middle Eastern Quinoa tabbouleh, hummus, chilli crispy chickpeas, charred peppers, pomegranate, grilled tender stem broccoli and a chilli dressing. (VE)(GF) £10 Buddha Roast sweet potato, charred tender stem broccoli, crispy kale, turmeric spiced cauliflower, pickled red cabbage and a garlic tahini yoghurt dressing. (VE)(GF) £10 Korean Stir-fry of rice noodle with tender stem broccoli, pak choi, carrot, mangetout in a bulgogi glaze, kimchee, miso glazed aubergine. (VE)(GF) £10 Good Green Bowl Charred tender-stem broccoli, mangetout & courgette with spinach, avocado, sweet potato, hummus, pomegranate seeds, toasted almonds and chilli. (VE)(GF) £11 Add to your bowls: Grilled chicken £2.00 / BBQ Korean Steak £3.00 / Prawns £2.50 / Grilled Seabass £2.50 / Halloumi £2.00
	Halloumi Flatbread Rocket, pomegranate, hummus, grilled halloumi, chilli chickpeas, crispy kale & chilli dressing. (V) £9 - Add grilled chicken £2 109 Wrap Quinoa tabbouleh, roast cauliflower, crisp chickpeas, pickled cabbage, avocado & tahini dressing. (VE) £8 - Add grilled chicken £2 Seoul Burger Panko chicken thigh, kimchee, siracha mayo, rocket & fried egg £8 Middle Eastern Burger Panko chicken thigh, pickled red cabbage, tahini yogurt, harissa mayo & rocket £8		Prawn & Fennel King prawns in a light tomato and saffron broth, fennel shavings & rocket, served with linguini & pecorino. £12 Broccoli and Mushroom Tender-stem broccoli & wild mushrooms in a light white wine cream sauce, toasted pine nuts, rigatoni pasta. (V) £11 Grilled chicken £2 Seabass & Spiced Squash Risotto Crisp skin seabass fillet with a roast squash & cumin risotto & herb oil. (GF) £13
BURGERS & FLATBREADS		PASTA & RISOTTO	
SIDES	Fries Salted (VE)(GF) Truffle & Parmesan (GF) £3.5 Sweet Potato Wedges Sweet potato wedges served tahini dressing and fresh chilli. (VE)(GF) £4 Greens Barbeque tender stem broccoli, hummus, chilli. (VE)(GF) £4.5 House Salad Rocket & Spinach, pickled red cabbage & pomegranate, vinaigrette. (VE)(GF) £3.5	DIPS	Siracha mayonnaise - £1 Harissa mayonnaise - £1 Garlic & tahini yogurt - £1

Monday-Friday 12-3pm
Saturday 2-6pm
Sunday 2-9pm