

## lunch deal

drink + sandwich + skin on fries/mixed leaf salad or  
drink + build your own bowl  
available 12-3pm

£15

drinks available:  
london essence soft drinks  
coke zero | diet coke | lemonade  
trip cbd | lucky saint

upgrade to wine, bottled beer  
or cocktail for £3 extra

lecap rose 5% | custoza bianco  
| vinho regional tinto | stella  
artois | camden hells | camden  
pale | jubel peach / grapefruit |  
midday margarita | lowgroni

## free-flowing fridays

free flowing spritzers  
& pints

£35

available all day friday

## burger buddies

buy any 2 burgers for £22!

available every tuesday

## pizzas

12 inch hand stretched

**margherita v/ve\*** ..... 12.5  
tomato base, mozzarella,  
fresh basil, oregano

**spicy pepperoni** ..... 14  
tomato base, crispy  
pepperoni, mozzarella, chilli

**buffalo chicken** ..... 13.5  
buffalo sauce base, shredded  
chicken, mozzarella, spring  
onion, ranch drizzle

**garden mezza ve** ..... 13  
creamy plant based cheese  
sauce, marinated artichoke,  
spinach, capers, red onion,  
vegan hard cheese

**prosciutto** ..... 14  
tomato base, mozzarella,  
prosciutto, rocket, shaved  
grana padano, honey drizzle

## build your own bowl

available for collection from 10am & dine in from 11:45am

choose a base, protein & two extras ..... 12.5

### bases

**rice ve**  
sushi rice, citrus dressing

**grains ve**  
crunchy chickpeas, pearl  
barley, mixed quinoa,  
red onion & sour cherry,  
vinaigrette

**greens ve**  
kale, baby spinach, garlic  
dressing

**sweet potato ve**  
roasted with avocado oil &  
sea salt



### proteins

**zhoug chicken gf**  
chicken thighs marinated in  
coriander, jalapeno, garlic &  
parsley sauce

**smoked tofu ve/gf**  
yellow thai spiced coconut  
sauce, grilled aubergine &  
smoked tofu

**miso & lime salmon**  
sake & miso marinated  
salmon fillet, lime & chilli

**grilled halloumi gf**  
cucumber, tomato, olive,  
peppers with oregano  
infused oil

**flat iron steak gf + 2.5**  
cooked to medium &  
chargrilled

### extras

**green goddess ve/gf**  
cabbage, lettuce, cucumber,  
celery, spring onion, radish,  
edamame. creamy spinach  
& avocado herb dressing,  
vegan feta crumble

**roots & shoots ve**  
shredded carrot, beetroot  
& mooli, pea shoots, spring  
onion, mint, coriander,  
sesame ginger dressing

**seasonal mac v**  
whole wheat pasta, cheese  
fondue, truffle & artichoke,  
parmesan crumb

**miso broccoli ve**  
lightly charred broccoli  
florets, miso & red grape  
glaze, omega seed mix

## small plates

**aubergine parm bites v** ..... 8  
aubergine & mozzarella bites, basil &  
parmesan crumb, marinara dip

**buffalo chicken bites gf** ..... 9  
buffalo coated crispy chicken strips,  
ranch dip, spring onion

**courgette dip ve** ..... 7  
creamy courgette dip with coconut  
yogurt, pink pepper & mint oil, grilled  
flatbread

**nachos v/gf** ..... 12  
blue & yellow corn tortilla, tomato  
salsa, guacamole, sour cream, cheese  
fondue, pickled pink onions  
+ shredded chicken 4

**crispy prawns** ..... 9  
panko king prawns, hot honey,  
coriander & lime

**grilled artichoke ve** ..... 8  
garlic marinated globe artichoke,  
olive & lemon panzanella salad

**padron peppers v/ve** ..... 7  
lime, smoked sea salt tajin

## sides

**skin on fries ve/gf** ..... 5  
+ truffle & parmesan 2.5

**sweet potato wedges ve/gf** ..... 6.5

**halloumi fries v/gf** ..... 7  
hot honey dip

**mixed leaf salad ve/gf** ..... 4.5

## sandwiches

served with fries or side salad

**steak sandwich gf\*** ..... 16.5  
marinated flat iron steak, cherry tomato and watercress,  
grilled sourdough, truffle aioli

**chicken club gf\*** ..... 15  
lemon & herb chicken, shredded iceberg, crispy shallots,  
gochujang aioli, tomato, sourdough

**kimchi grilled cheese v** ..... 13.5  
swiss & cheddar cheese, kimchi, sourdough

**crispy fish ciabatta** ..... 15.5  
herb panko haddock, courgette & tahini sauce, crunchy  
slaw

## burgers

served with fries or side salad

**plant burger ve** ..... 18  
mushroom, onion and beetroot patty, fried onion, vegan  
smoked applewood, pickles, comeback sauce, toasted  
oatmilk bun

**cheeseburger gf\*** ..... 18.5  
double dry aged smash patties, pickles, double  
american cheese, comeback sauce, toasted potato bun

**chicken burger** ..... 17.5  
crispy buttermilk fried chicken, buffalo sauce, ranch,  
shredded lettuce, pink pickled onion, potato bun



SCAN TO VIEW CALORIES  
please always inform your server of any allergies or  
intolerances before placing your order. not all ingredients  
are listed on the menu and we cannot guarantee the total  
absence of allergens. adults need around 2000 kcal a day

v = vegetarian  
ve = vegan  
gf = gluten intolerant friendly

v\* = vegetarian option available  
ve\* = vegan option available  
gf\* = gluten free option available

# food

**dear  
grace**