

lunch deal

drink + sandwich
or build your own bowl

available 11am-3pm

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

from
£15

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 hot sauce, shredded
chicken, mozzarella, spring
onion, ranch drizzle

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

sharers

skewer 34
zhoug chicken thighs,
miso & lime salmon, grilled
aubergine & halloumi with
fries, gochujang aioli, green
goddess & marinara sauce
dips

slider 36
buffalo chicken &
cheeseburger sliders served
with fries, comeback sauce,
ketchup & truffle aioli

mezze v/ve* 30
courgette & coconut tahini
dip, grilled padron peppers
& artichokes, halloumi fries,
nocellara olives, focaccia &
fried dough sticks.

build your own bowl

available for dining in or collection from 10am
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



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

proteins

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

smoked tofu ve
yellow thai spiced
coconut sauce, grilled
aubergine & crispy
smoked tofu

salmon puttanesca gf
flaked salmon, cherry
tomato, olives, capers,
basil, preserved lemon

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

flat iron steak gf + 2.5
cooked to medium &
chargrilled

**crispy smashed potato
v/gf**
crispy roasted baby
potatoes, green herb
oil, parmesan & green
beans

seasonal mac v
four cheese fondue,
parmesan & garlic
focaccia crumble

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

sandwiches & burgers

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 13.5
swiss & cheddar cheese, kimchi, sourdough

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

plant burger ve 18
simplicity patty, vegan smoked applewood, crispy onions,
comeback sauce, toasted oat milk bun

cheeseburger gf* 19.5
two dry-aged steak smash patties, double american
cheese, shredded lettuce, pickles & comeback sauce,
toasted sesame brioche bun

chicken burger 17.5
crispy buttermilk fried chicken, buffalo sauce, ranch,
shredded lettuce, pink pickled onion, toasted sesame

small plates

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

buffalo chicken bites 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

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

halloumi fries v/gf 7
hot honey dip

sides

any of our bowl extras
are available as sides 5 each

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

sweet potato wedges ve/gf 6.5
gochujang mayo

free-flowing fridays

£45

90 minutes of free flowing
pizza & drinks with a MOTH
cocktail on arrival

available all day friday

burger buddies

buy any 2 burgers for £22!

available every tuesday



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

12.5% discretionary service
charge will be added to your bill

food

**dear
grace**