



MENU



100% VEGAN



WRAPS

ARABIAN WRAP (V.L.G.O) (N) £8.95
HOMEMADE KOFTA BALLS OF BEETROOT, CASHEW NUTS AND RED LENTILS, MIXED WITH HUMMUS, SLAW, ROCKET, GARLIC MAYO AND SWEET CHILLI SAUCE SERVED WITH HUMMUS, NACHOS AND SIDE SALAD

DONER WRAP £8.95
OUR FAMOUS THINLY SLICED SEITAN WITH OLIVES, PICKLED TOFU, SLAW, TOMATOES, CORNICHONS, ROCKET AND GARLIC MAYO SERVED WITH HUMMUS, NACHOS AND SIDE SALAD

PEACEMAKER WRAP (V.L.G.O) (N) £8.95
BALI COATED TOFU, CRISPY ONIONS, CHILLI PEANUTS, SLAW, ROCKET, MILD ROQUITO PEPPERS PEARLS, FRESH CUCUMBER AND GARLIC MAYO SERVED WITH HUMMUS, NACHOS AND SIDE SALAD

FOOD BOWLS

TURN ANY OF OUR DELICIOUS WRAPS INTO A FOOD BOWL WITH ANCHO QUINOA FOR NO EXTRA CHARGE

BURGERS

ANNA-LOKA RODEO BURGER (A.F.O) £12.95
OUR HOMEMADE SEITAN PATTY TOPPED WITH AN ONION RING, VEGAN CHEESE, TOMATO, GHERKINS, THEN SMOTHERED WITH BBQ AND BURGER SAUCE, SERVED WITH A CHOICE OF TRIPLE COOKED CHIPS (KETCHUP) OR SWEET POTATO FRIES (GARLIC MAYO)

TOFISH BURGER (V.L.G.O) £12.95
MARINATED BATTERED TOFU PATTY TOPPED WITH HOMEMADE TARTAR SAUCE, ROCKET, TOMATO AND HOMEMADE KETCHUP SERVED WITH A CHOICE OF TRIPLE COOKED CHIPS (KETCHUP) OR SWEET POTATO FRIES (GARLIC MAYO)

ULTIMATE BURGER (V.L.G.O) (N) £12.95
BEETROOT, CASHEW AND RED LENTIL PATTY STACKED IN BETWEEN TWO ONION RINGS, JALAPEÑOS, TOMATO, LETTUCE, GHERKINS, GARLIC MAYO & SWEET CHILLI SAUCE, SERVED WITH A CHOICE OF TRIPLE COOKED CHIPS (KETCHUP) OR SWEET POTATO FRIES (GARLIC MAYO)

MAINS

TOFISH AND CHIPS (V.L.G.O) £12.95
MARINATED BATTERED TOFU SERVED WITH MUSHY PEAS, HOMEMADE TARTAR SAUCE, WITH A CHOICE OF TRIPLE COOKED CHIPS (KETCHUP) OR SWEET POTATO FRIES (GARLIC MAYO)

CHANNA MASALA £9.95
DELICIOUS CHICKPEA CURRY SERVED WITH BASMATI RICE

SPINACH TOFU (V.L.G.O) £9.95
UNIQUE FRIED TOFU COOKED WITH SPINACH IN SPICY TOMATO SAUCE SERVED WITH BASMATI RICE

STARTERS

HUMMUS (V.L.G.O) £5.50 / V.L.G £6.50
GARNISHED WITH SMOKED PAPRIKA SERVED WITH TOASTED SOURDOUGH BREAD

BREAD & OLIVES (V.L.G.O) £5.50 / V.L.G £6.50
WITH BALSAMIC VINEGAR AND EXTRA VIRGIN OLIVE OIL

PATATAS BRAVAS (V.L.G) £5.50
DEEP FRIED DICED POTATOES SERVED WITH GARLIC MAYO AND BRAVAS SAUCE

SIDES

TRIPLE COOKED CHIPS (V.L.G) (A.F) £5.50
WITH HOMEMADE KETCHUP

SWEET POTATO FRIES (V.L.G) (A.F.O) £5.50
WITH GARLIC MAYO

SUPER SLAW (V.L.G) (A.F) £4.00
RED, WHITE AND SAVOY CABBAGE, CARROT AND HOMEMADE MAYO GARNISHED WITH ROCKET LEAVES

ONION RINGS (V.L.G.O) £4.50

SIDE SALAD (V.L.G.O) (A.F.O) £4.50



MONDAY: CLOSED

**TUESDAY - THURSDAY:
5PM - 8PM**

**FRIDAY - SATURDAY:
4PM - 9:00PM**

SUNDAY: CLOSED

SACRED JUICES

SUPER DETOX £6.50
KALE, CELERY, CUCUMBER, APPLE, PARSLEY, GINGER, LEMON AND CHLORELLA

VERDE £6.50
APPLE, CELERY, CUCUMBER, KALE, LIME, GINGER AND FRESH MINT

HEALTH POTION NUMBER 3 £6.50
KALE, APPLE, CARROT, BEETROOT, RAINBOW CHARD, LIME, GINGER, FRESH TURMERIC ROOT AND BLACK PEPPER

LIVER TONIC £6.50
BEETROOT, KALE, CARROT, CELERY, GINGER, LEMON AND APPLE

K'POW £6.50
PEARS, APPLES, KALE, TURMERIC AND LIME

FLAME £6.50
CARROT, APPLE, GINGER, LEMON, MINT AND ORANGE JUICE

MILKSHAKES

APHRODITE £6.50
BANANAS, MACA, RAW CACAO POWDER, RAW CACAO NIBS, DATES AND SOYA MILK

ADONIS £6.50
BANANAS, PEANUT BUTTER, MACA, RAW CACAO POWDER, RAW CACAO NIBS, DATES AND SOYA MILK

ICED COFFEE £4.70
BANANAS, DOUBLE SHOT ESPRESSO, DATES, ICE AND COCONUT MILK

ALMOND BUTTER CRUNCH £7.50
BANANAS, ORGANIC ALMOND BUTTER, ORGANIC HEMP PROTEIN, AGAVE, PINK HIMALAYAN SALT, ALMOND MILK AND FLAKED ALMONDS

BREAKFAST SMOOTHIE £7.50
GLUTEN-FREE PORRIDGE, BANANAS, PEANUT BUTTER, VANILLA PROTEIN, RAW CACAO NIBS, MACA AND COCONUT MILK

SMOOTHIES

NOT SUMMER YET £6.50
MANGO, PINEAPPLE, BABY SPINACH, DATES, LIME AND COCONUT MILK

STRAWBERRY CHARLOTTE £6.50
STRAWBERRY, DATES, BANANA AND COCONUT MILK

NOW OR NEVER £6.50
RASPBERRY, APPLE, TURMERIC, ORANGE, LIME, MINT, CARROT AND CHIA SEEDS

CRAZY BERRIES £6.50
BLUEBERRY, RASPBERRY, STRAWBERRY, ACEROLA, LEMON, CHIA SEEDS AND AGAVE

PURPLE VELVET £6.50
BLUEBERRIES, PEARS, FRESH ORANGE JUICE, DATES, LIME, BABY SPINACH AND CHIA SEEDS

CRAZY BERRIES £6.50
RASPBERRY, BLUEBERRY, STRAWBERRY, ACEROLA, LEMON, CHIA SEED AND AGAVE

FRUTA DEL SOL £6.50
FRESH BANANA, MANGO, TURMERIC, ORANGE JUICE, LEMON JUICE AND MINERAL WATER

MANGO LASSI £4.95
SOYA YOGHURT, MANGO PULP (CONTAINS SUGAR) AND AGAVE.

SOFT DRINKS

GINGERELLA / ORGANIC LEMONADE / KARMA COLA / SUGAR FREE KARMA COLA / ORANGEADE £3.50

KOMBUCA - ORIGINAL / WILD BERRY / GINGER £3.75

STRATHMORE WATER - STILL / SPARKLING £2.50

COFFEE

CUP / MUG
DOUBLE ESPRESSO £2.00
AMERICANO £2.20 / £2.40
FLAT WHITE £2.50 / £2.80
LATTE £2.60 / £2.90
CAPPUCCINO £2.60 / £2.90

CUP / MUG
MOCHA £3.20 / £3.50
CARAMEL MACCHIATO £3.50
HAZELNUT MACCHIATO £3.50
EXTRA SHOT OF COFFEE £0.80
FLAVOURED SYRUP £0.60
CARAMEL / HAZELNUT

HOT DRINKS

CUP / MUG
TURMERIC LATTE £3.20 / £3.50

CHAI LATTE £3.20 / £3.50

HOT CHOCOLATE £3.10 / £3.40

BLACK FOREST
ORANGE
CINNAMON
DARK CHOCOLATE



(V.L.G) - VERY LOW GLUTEN

(V.L.G.O) - VERY LOW GLUTEN OPTION AVAILABLE

(A.F) - ALLIUM FREE

(A.F.O) - ALLIUM FREE OPTION AVAILABLE

(N) - CONTAINS NUTS