

**Soup 4.50**

Big bowl thick and wholesome home-made soup dressed with herbs and seeds served with chunky home made bread.

Ciabatta 7.95

Smashed Avocado, sweet red pepper and tomato with chilli and lime dressing and a side salad
Mushroom Pate with rocket and walnut in Balsamic dressing and side salad

Jacket Potatoes 6.50 served with a large side salad

With fillings 7.95

Filled with vegetable curry

Vegetable and bean chilli

Mixed Roasted vegetables

Garlic Mushroom

Cheese (+spring onion +tomato) not vegan

Cheese, celery and spring onion not vegan

Creamy Cottage cheese not vegan

Mexican Soft home-made tacos 8.95

with spicy bean and vegetable filling, served with large salad

Zen superburger 8.50

Giant mushroom burger filled with creamy peppercorn sauce served on a bun or with salad, dressed with avocado, coriander and roasted sweet pepper, served with sweet potato fries.

Salads 8.50

Greek salad with selection of olives, lettuce, cucumber, celery, red onion and creamed cashew sauce.

Mediterranean salad with tomatoes, cucumber leaves coriander, avocado, red onion, spiced roasted sweet potatoes, roasted red peppers herbs in a herby dressing.

Health burst salad with baby leaves, green shoots, Toasted sunflower seeds and quinoa, beetroot, tomato

Happy eating

