



THE  
**GARDEN**

EST. 2014

## LUNCH

**WHILE YOU DECIDE...** 3.

OLIVES (v) (gf)  
KALE CRISPS (v) (n) (gf)  
KIMCHI CRACKERS (v) (gf)  
CRUDITÉS + SPINACH TZATZIKI (v) (gf)

EARTH FRIENDLY SOUP (v) 4.5  
daily ingredients | sourdough

SUPERGREEN OMELETTE (gf) 8.  
asparagus | spinach | hijiki  
spirulina | rocket | alfalfa  
omega seeds | mustard dressing

GARDEN BURGER (v) (gf option) 12.  
thai spiced mushroom + pinto bean burger  
charcoal bun | lettuce | kimchi  
raw rainbow salad | sriracha dressing

RAINBOW VEGETTI (v) (gf) 9.  
raw spiralised seasonal vegetables  
coconut chilli 'meatballs'  
lemon tahini sauce

BUDDHA BOWL (v) (gf) (n) 9.  
wild rice | thai curry  
leafy greens | sauerkraut

## SALAD BOWLS 8.

GENTLE LENTIL BOWL (v) (gf) (n)  
lentils | mushrooms | roots | baby leaves  
tarragon | pumpkin seeds | spinach tzatziki

ALL HALE THE KALE (v) (gf)  
Kale | kelp noodles | butternut squash  
pomegranate | lemon tahini dressing  
dulse | sesame seeds

RAW RAINBOW BOWL (v) (gf) (n)  
daikon radish | carrot | red cabbage  
spring onion | tamarind | peanuts  
beetroot | beansprouts | coriander

### ADD

AVOCADO 2.  
HALLOUMI 3.  
FALAFEL 3.  
MACA MARINATED CHICKEN 4.  
KING PRAWNS 4.  
MARKET PRICE SUSTAINABLE FISH



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## SANDWICHES & WRAPS

+ shot of soup

### WHITE BEAN (v)

basil | white beans | gherkins | lettuce  
red onion | carrot | red cabbage

### HALLOUMI + AVOCADO

harissa | lettuce | cucumber | tzatziki  
kimchi | avocado

### PULLED JACKFRUIT

Jackfruit | lettuce | red cabbage  
red onion | homemade BBQ sauce

### CHICKPEA SHAWARMA

spiced chickpeas | leafy greens | red onion  
spinach tzatziki | red pepper

### BLT | TLT (v option)

bacon or tempeh (v) | lettuce  
avocado | tomato

GLUTEN FREE BREAD IS AVAILABLE ON REQUEST

## 8. TO SHARE

1.

CHOOSE 1 DIP SERVED WITH RAW  
CRACKERS + CRUDITÉS. (v) (gf)

guacamole

beet hummus

herbed cashew 'cheese' (n)

spinach tzatziki

8.

NACHOS (v) (gf) (n)

corn tortillas | 'refried' black beans

guacamole | tomatoes | coriander

jalapenos | paprika | cashew cheese

9.

THE GARDEN MEZZ

Mushroom pate | herbed cashew cheese

chorizo tempeh | olives | sourdough

kimchi | raw crudités

10.

## SIDES

SQUASH PATTIES

3.

POLENTA POPS

3.

ROOT WEDGES

3.

CHILLI EDAMAME

3.

(v) vegan (gf) gluten free (n) contains nuts

## ALLERGENS

Many of our dishes contain common allergens.

Please alert a member of staff if you have any allergies + we will assist you where possible.