

# D I N N E R

\*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

## BREAD BOARD 6

Selection of breads with spinach hummus, sundried tomatoes, feta & oil

## NIBBLES 4

Spiced nuts | Chorizo

2 COURSES FOR 15.95

3 COURSES FOR 19.95

EXCLUDES SIDES

## STARTERS

Vegan soup of the day with toasted wholemeal bread VE | DF

Haddock & sweet potato fish cakes with fennel and orange slaw GF | DF

🌱 Beef or Turkey meatballs in red pepper and tomato sauce with paprika lemon flatbreads GF | DF

Wild mushrooms on a spinach pancake with roasted figs GF | V

🌱 Vegan smoked cashew pâté with lemon flatbreads & kumquat marmalade GF | VE | DF

## MAINS

Vegan Jackfruit Pie slow cooked jackfruit with winter vegetables & brown miso, topped with sweet potato & toasted almonds served with tamari, chilli broccoli VE | DF | GF

Beef, Turkey or Vegan burger in a classic pumpkin seed bun, spinach hummus, salad, smoked cheese (omit for VE) served with sweet potato wedges

Moroccan tagine of the day with wholegrain basmati rice & flatbreads GF | DF

🌱 Warm chicken salad with kale, butternut squash & caramelised red onions

🌱 Bench press bowl with green herb quinoa, lentil & feta, sweet potato, cottage cheese, poached egg & maple tahini dressing GF

Choose from- Lentil & dill salmon fillet | Peanut butter chicken schnitzel | Turmeric halloumi

Smoked haddock & sweet potato fishcake | Sweet potato & lentil burger

Salmon + £2 supplement

🌱 7oz Sirloin Steak with tamari & chilli broccoli, cajun potatoes, feta & basil oil GF  
+ £3 supplement

### Shakshuka

baked eggs with Middle Eastern spiced peppers, mushrooms & potatoes served with lemon paprika toast GF | DF

Sliced sirloin steak + £3 supplement

🌱 \*\*Protein stack Bench press on baby gem, pickled red cabbage, avocado, cottage cheese, green herb quinoa salad & maple tahini dressing served with sweet potato wedges GF

Sweet potato & lentil on vegaballs courgetti in a red pepper & tomato sauce with almond 'parmesan' VE | DF | GF

## SIDES 4 each GF | DF | VE

SWEET POTATO WEDGES | TAMARI & CHILLI BROCCOLI

GREEN HERB QUINOA SALAD | CAJUN POTATOES

## DESSERTS

Warm chocolate brownie with berries & Greek yoghurt GF | V

🌱 Peanut butter cheesecake with salted caramel sauce DF | VE | GF

Baked grapefruit with soya vanilla yoghurt & coconut sugar DF | VE | GF

\* FOR GF ASK FOR GLUTEN FREE VEGAN BREAD | \*\*VE AVAILABLE

GF - GLUTEN FREE | DF - DAIRY FREE | V - VEGETARIAN | VE - VEGAN | 🌱 POST GYM

PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS