

# VEGETARIAN MENU

## BREAKFAST

Monday—Friday 8.00am—4.00pm  
Saturday—Sunday 9.00am—4.00pm

- Porridge**  5.25  
poached pears, chopped walnuts, pomegranate, orange blossom honey  
oat, almond, semi skimmed or whole milk
- Homemade Granola Bowl by Modern Family Kitchen**  6.25  
seasonal fruit, coconut flakes  
coconut or greek yoghurt
- Avocado Smash**  7.95  
roasted plum tomatoes, chilli flakes, toasted sourdough  
add a poached egg
- Mushrooms on Toast**  7.45  
sautéed mushrooms, toasted sourdough  
add a poached egg
- Israeli Morning Plate**  8.95  
fried eggs, avocado, sumac eggplant chips, chopped salad, olives, hummus, greek yoghurt, harissa drizzle, toasted sourdough
- Buttermilk Stacked Pancakes** 7.95  
topped with blueberry compote & banana
- Sunshine Brunch**  8.95  
free-range eggs, avocado, roasted plum tomatoes, hummus, curly kale, feta, toasted dark sourdough
- Red Shakshouka**  8.95  
2 free-range eggs baked in a slow-roasted tomato & pepper stew, grated feta, chopped parsley, toasted dark sourdough
- Egg White Omelette**  7.95  
avocado, spinach, kale, feta

## NIBBLES, STARTERS & SHARERS

- Mixed Olives**  3.25  
olive oil, garlic & herbs
- Edamame**  5.45  
soy, chilli, mirin sauce
- Skillet Garlic Butter Focaccia** 4.45  
great to share
- Crispy Fried Vegetable Gyoza**  6.75  
asian dipping sauce
- Soup of the day**  5.25  
toasted focaccia
- Grilled Halloumi & Vegetable Skewers**  6.95  
quinoa salad
- Bob's Nachos** 8.95  
melted cheese, roquito peppers, corn, black beans, avocado smash, sour cream, chipotle sauce
- East Med Mezze Platter**  11.95  
cauliflower shawarma, served with sumac aubergine, tabbouleh, carrot, preserved lemon & chilli salad, israeli chopped salad, olives, hummus, greek yoghurt, grilled za'atar pita
- Little Gem Salad**  5.25  
gem lettuce, creamy chilli dressing, parmesan, crunchy hazelnut breadcrumbs

## MAINS

- Miso Soul Bowl**  7.95  
medley of mushrooms, bok choy, edamame, rice noodles  
add tofu 3.95
- Pumpkin, Leek & Ricotta Linguine** 10.95  
butternut squash sauce, crumbled ricotta
- Mother Earth Bowl**  11.95  
roast sweet potato, stir fry of lentils & brown rice, broccoli, avocado, cucumber, grated radish, sauté of mushrooms
- Veggie Chilli Bowl**  11.95  
avocado, coconut yoghurt, corn chips, brown rice
- Squash, Spinach & Red Lentil Curry**  11.95  
coconut yoghurt, crispy shallots, brown rice
- Falafel & Halloumi Burger**  11.95  
roasted red peppers, carrot & beetroot, green chilli relish, hummus, green tahini
- Beetroot & Quinoa Burger**  11.95  
chimichurri, avocado smash, sunset slaw, gherkins, served on an artisan beetroot bun

## SALADS

- Chef's Chopped Salad**  9.95  
edamame, beetroot, roast corn, crunchy chickpeas, spring onion, coriander, iceberg lettuce, courgettes, wasabi seeds, citrus sesame dressing  
add halloumi or tofu 3.95
- Kale, Spinach & Feta Salad**  11.95  
avocado, pomegranate, butternut squash, pickled red onions, dates, toasted walnuts, honey mustard dressing

## SIDES

- Fries**  3.25
- Creamy Mash**  3.55
- Sweet Potato Fries**  3.95
- Bowl of Greens**  3.95
- Sauté of Mushrooms**  3.95
- Israeli Chopped Salad**  3.45  
green tahini dressing
- Seasonal Mixed Salad**  3.95

## DESSERTS

- Salted Caramel Sundae**  6.55  
jude's vegan ice cream, hot fudge sauce, peanut butter, peanuts, amaretto raisins
- Pear, Blueberry & Hazelnut Crumble**  5.95  
vanilla ice cream
- Chocolate Brownie** 5.95  
melted chocolate sauce, vanilla ice cream
- Vanilla Pannacotta Cheesecake** 5.95  
blueberry compote
- Warm Pecan Tart**  5.95  
chantilly cream

 vegetarian  vegan  gluten conscious  
 contains nuts or seeds  fried in oil containing gluten

Please notify your server of any food allergies

# GLUTEN CONSCIOUS MENU

## BREAKFAST

Monday—Friday 8.00am—4.00pm  
Saturday—Sunday 9.00am—4.00pm

<b>Porridge</b>  	5.25
poached pears, chopped walnuts, pomegranate, orange blossom honey <i>almond, semi skimmed or whole milk</i>	
<b>Homemade Granola Bowl by Modern Family Kitchen</b>  	6.25
seasonal fruit, coconut flakes <i>coconut or greek yoghurt</i>	
<b>Avocado Smash</b>  	8.95
roasted plum tomatoes, chilli flakes, toasted gluten-free bread <i>add a poached egg</i>	0.95
<b>Mushrooms on Toast</b>  	8.45
sautéed mushrooms, toasted gluten-free bread <i>add a poached egg</i>	0.95
<b>Israeli Morning Plate</b>  	9.95
fried eggs, avocado, sumac eggplant chips, chopped salad, olives, hummus, greek yoghurt, harissa drizzle, toasted gluten-free bread	
<b>Sunshine Brunch</b>  	9.95
free-range eggs, avocado, hummus, feta, curly kale, roasted plum tomatoes, toasted gluten-free bread	
<b>Red Shakshouka</b>  	9.95
2 free-range eggs baked in a tomato & pepper stew, grated feta, toasted gluten-free bread	
<b>Eggs Benedict</b>	10.25
2 soft-poached eggs, honey roast ham, herby hollandaise, toasted gluten-free bun	
<b>Eggs Royale</b>	10.45
2 soft-poached eggs, smoked salmon, avocado, herby hollandaise, toasted gluten-free bun	
<b>Egg White Omelette</b> 	7.95
avocado, spinach, kale, feta	

## NIBBLES, STARTERS & SHARERS

<b>Mixed Olives</b>  	3.25
olive oil, garlic & herbs	
<b>Edamame</b>  	5.45
soy, chilli, mirin sauce	
<b>Bob's Nachos</b>  	8.95
melted cheese, roquito peppers, black beans, corn, avocado smash, sour cream, chipotle sauce	
<b>Soup of the day</b>   	6.25
toasted gluten-free bread	
<b>Grilled Halloumi &amp; Vegetable Skewers</b> 	6.95
quinoa salad	

## MAINS

<b>Steak Frites</b> 	11.95
thinly beaten-out minute steak, garlic & herb butter, fries & watercress	
<b>Grilled Teriyaki Salmon Steak</b>	15.95
edamame & coconut rice with asian dipping sauce	
<b>Bob's Beef Burger</b> 	12.95
gherkins, pickled red onion, tomato, lettuce, house sauce, gluten-free bun, fries or seasonal salad <i>add crispy bacon, avocado smash or aged cheddar</i>	1.65
<b>Beetroot &amp; Quinoa Burger</b>   	12.95
chimichurri, avocado smash, sunset slaw, gherkins, gluten-free bun, fries or seasonal salad	
<b>Veggie Chilli Bowl</b>   	11.95
avocado, coconut yoghurt, corn chips, brown rice	
<b>Mother Earth Bowl</b>   	11.95
roast sweet potato, stir fry of lentils & brown rice, broccoli, avocado, cucumber, grated radish, sauté of mushrooms	
<b>Squash, Spinach &amp; Red Lentil Curry</b>  	11.95
coconut yoghurt, crispy shallots, brown rice	
<b>Miso Soul Bowl</b>  	8.95
medley of mushrooms, bok choy, edamame, rice noodles <i>add salmon, chicken breast or tofu</i>	3.95
<b>Pumpkin, Leek &amp; Ricotta Linguine</b>	10.95
butternut squash sauce, crumbled ricotta, gluten-free pasta	
<b>Crab &amp; Prawn Linguine</b>	14.45
chilli, garlic, lemon, cherry tomato sauce, parsley, noilly prat, gluten-free pasta	

## SALADS

<b>Chef's Chopped Salad</b>    	9.95
edamame, beetroot, roast corn, crunchy chickpeas, spring onion, coriander, iceberg lettuce, courgettes, wasabi seeds, citrus sesame dressing <i>add salmon, chicken breast, halloumi or tofu</i>	3.95
<b>Kale, Spinach &amp; Feta Salad</b>  	11.95
avocado, pomegranate, butternut squash, pickled red onions, dates, toasted walnuts, honey mustard dressing	
<b>Salmon &amp; Black Sesame Sushi Salad</b> 	13.95
avocado, pomegranate, edamame beans, coriander & brown rice	

## SIDES

<b>Fries</b>   	3.25
<b>Creamy Mash</b> 	3.55
<b>Sweet Potato Fries</b>   	3.95
<b>Bowl of Greens</b>  	3.95
<b>Saute of Mushrooms</b>  	3.95
<b>Israeli Chopped Salad</b>   	3.45
green tahini dressing	
<b>Seasonal Mixed Salad</b>  	3.95

 - Vegetarian. These dishes do not contain any meat or fish products.  - Vegan. These dishes do not contain any animal products.  - dishes that are made from ingredients which do not contain gluten.  - Contains nuts or seeds. Whilst not containing any gluten or animal products in their ingredients, some dishes are cooked in our fryers. Whilst our fryers are cleaned & filled with fresh oil regularly, they have also been used to cook wheat & meat products during a service & these dishes should be avoided if this level of cross contamination will affect you. We do not have dedicated preparation or cooking areas in our kitchens for vegetarian, vegan, nut-free or gluten-free food. As our food is prepared & freshly cooked to order in our busy kitchens, there may be a risk that traces of all allergens can be found in any dish. We are happy to provide you with allergen guidelines for all our menu items. Our fish is a natural product & may contain small bones. We advise you to speak to a member of staff if you have any food allergies or intolerances. Not all ingredients are shown in the dish descriptions. All dishes on this menu are subject to ingredient availability. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.