

Lunch

Soup

Served with bread.

Miso soup €7,50

Green miso soup with curly kale, shiitake mushrooms, red bell pepper and tofu.

Pumpkin soup €7,00

Pumpkin soup made with apple, carrot, lentils, and coconut milk.

Tomato soup €7,00

Soup made with tomatoes, red bell pepper and fennel bulb.

Filling stews

Served with corn flat bread and a small salad.

Pozole Rojo, Mexican stew €12,00

Warmly spicy stew made with smoked peppers, savoy cabbage, oyster mushrooms, and hominy corn.

Chili sin carne €12,00

A filling stew with black and kidney beans, lentils, tomatoes, and spices.

Salads

The base of the salads are fine young greens, cherry tomatoes, cucumbers, and pumpkin and sunflower seeds.

Pumpkin salad €15,00

Roasted pumpkin, shiitake mushrooms, marinated tofu, and lime dressing.

Falafel salad €15,50

Falafel served grilled vegetables, tomato, fennel bulb and lemon crème and a tahini sauce. Contains fresh cilantro.

Everything is 100% vegan and gluten free

We ask that you not use your laptop or computer.

Sandwiches

Served with our own sourdough gluten free bread.

Pumpkin €12,00

Roasted pumpkin, shiitake mushrooms, marinated tofu, and lime dressing.

Eggplant €11,50

Grilled eggplant with cherry tomato chutney, curried carrots, pumpkin and sunflower seeds and lime dressing.

Kimchi and mushroom shawarma €12,50

Lightly spicy stir-fried portabella mushrooms with kimchi (Korean sauerkraut) and raita.

Falafel 12,50

Falafel served grilled vegetables, tomato, fennel bulb and lemon crème and a tahini sauce. Contains fresh cilantro.

Warm dishes

Roti €18,50

Soft corn flatbread with haricot verts, masala spiced potatoes and cauliflower, marinated tofu and a spicy sauce.

Oven baked enchiladas €18,50

Corn tortillas filled with spicy black beans, served with cherry tomato salsa, white bean cheese, and a creamy spinach sauce.

Soft tacos for two, €17,50 per person

Build your own tacos, with soft corn tortillas, spicy black beans, fresh tomato salsa, cilantro pumpkin, crunchy corn salad and spinach crème.

Bread basket with dips €9,00

Roasted sourdough bread with sweet potato hummus, rocket and oregano pesto and olive tapenade.

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Sweets

Frozen black currant and banana pie €5,00

With cashew nuts, dates, and coconut

Apple cake €5,00

Apple cake with dates.

Pumpkin and pear spice crumble €7,00

Takes ten minutes in the oven

Warm spiced pumpkin and pear with a cookie crumble and banana and coconut ice cream.

Chocolate cake €5,50

Dark chocolate brownie layered with chocolate ganache.

Thomas's cupcakes €3,50 - *only in the weekend*

Chai spiced cupcakes with a lemon and yoghurt glaze (contains yoghurt)

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