

# 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.

## 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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