Plant Based B R E A K E A S S S

8.5

SURFED FROM 7:30-11:30

CHIT

Toasted Breakfast Brioche Buns

THIS isn't bacon (V) 6.5

Protein Plates

Chocolate and banana pancakes laced with 8g protein powder, topped with pumpkin, sunflower and poppy seeds served cinnamon and coconut yoghurt (V)

Mexican 'Burrito' beans laced with 8g protein 9.5 on sourdough toast (V)

Porridge Bowls

FRESHLY MADE OAT MILK PORRIDGE WITH YOUR CHOICE OF TOPPING (V):

Blueberries, agave and sunflower seeds 6.5
Toasted pumpkin, sunflower and poppy 6.5
seeds with golden syrup

Granola & Yoghurt Bowls

Original house granola and soya yoghurt 4.5

House granola, soya yoghurt blueberries 6.5

Other dietary needs?

DON'T WORRY WE HAVE YOU COVERED...

Please inform us of any food intolerances or allergies so we can cater to your dietary needs.

Just let us know and we will do the rest!



Plant Based SURFED FROM 11:30-15:30

15

12

TOOD DA

Drop-in Brunch

MIDDLE EASTERN OPEN SHAWARMA WRAP Houmous, falafel, harissa roasted tomatoes, pickles, spring onions, coconut yoghurt, coriander and a za'atar spice blend

SHAKSHUKA

Moroccan spiced pepper and tomato stew topped with a poached egg and crumbled feta cheese

B.L.A.T

THIS isn't bacon, lettuce, avocado and tomato in a toasted brioche bun

Other dietary needs?

DON'T WORRY WE HAVE YOU COVERED...

Please inform us of any food intolerances or allergies so we can cater to your dietary needs.

Just let us know and we will do the rest!



Plant Based

SURFED FROM 12:00 - 16:30

HOUSE CIABATTA

SANDWICH SERVED WITH SUPER SLAW:

Planted chicken and pesto 15.5

Pulled Planted original vegan 16.5

Sheese melt with roasted peppers and onion

Battered banana blossom 'fish' 15.5 with tartar sauce, capers and aherkins

Roasted Mediterranean veg, 13.5 basil and seed pesto, feta cheese, balsamic

2

Add french fries

Salads

MIDDLE EASTERN SALAD

With houmous and roasted cauliflower

Sides

Green leaf salad

French fries 4
Hash browns 3.5
Wavey baked beans 3.5
Super Slaw 3.5

3.5

14

14

3.5

Desserts

MADE TO ORDER PLANT BASED ICE CREAM SUNDAES

Banana split sundae 6.5

DIRTY FRIES

GREAT FOR SHARING, TRIPLE COOKED SKIN ON FRENCH FRIES TOPPED WITH:

13.5

Planted Korean BBQ 'chicken', spring onions, coriander, sesame seeds and hot spicy gochujang sauce

Vegan Sheese finished with basil and seed pesto Add THIS isn't bacon

PLEASE INFORM US OF ANY FOOD INTOLERANCES OR ALLERGIES SO WE CAN CATER TO YOUR DIETARY NEEDS.

Scap for all mepus ->



Plant Based Surfed From 16:30

Burgers & Buns

SURF AND EARTH BURGER
60z Moving Mountains, crispy
banana blossom goujons,
thousand island sauce, pickles
served in a brioche bun with french
fries

MOVING MOUNTAINS BURGER
Grilled to order and served in a brioche bun with beef tomato, Iceberg lettuce, gherkin and burger sauce

Add 6oz Moving Mountains pattie
Add vegan Sheese
Add THIS isn't bacon
Add oyster mushroom

4.5
2
3.5
2

VIETNAMESE STYLE PLANTED
CHICKEN BUN

16

Grilled Planted chicken, pickles, crispy onions, yuzu mayo and coriander in a brioche bun with french fries

Main Plates

SRI LANKAN DAHL

Red lentil dahl with raita, baked coconut, flatbread and chutney Planted chicken or crispy fried banana blossoms

BANANA BLOSSOM FISH 'N FRITES

Served with french fries, tartar sauce and garden peas

Sides

French fries 4
Hash browns 3.5
Wavey baked beans 3.5
Super Slaw 3.5
Green leaf salad 3.5

14

Desserts

MADE TO ORDER PLANT BASED ICE CREAM SUNDAES

Banana split sundae 6.5

DIRTY FRIES

GREAT FOR SHARING, TRIPLE COOKED SKIN ON FRENCH FRIES TOPPED WITH:

17.5

18

Planted Korean BBQ chicken, spring onions, coriander, sesame seeds and hot spicy gochujang sauce

Vegan Sheese finished with basil and seed pesto
Add THIS isn't bacon

3.5



Scap for all mepus ->

