

## **Plant Based Lunch**

SERVED 12-3

### **TOASTED SANDWICHES**

MADE ON SOURDOUGH FROM ALEX GOOCH BREAD

£7

#### **THE MIDDLE EASTERN**

FALAFEL, HUMMUS, TOMATO WITH TAHINI SAUCE

#### **THE ITALIAN**

'MOZZARELLA', TOMATO WITH GREEN PESTO

\*Ask for GF option.

#### **THE NEW YORK REUBEN**

'PASTRAMI', 'CHEESE', GHERKIN, SAUERKRAUT WITH MUSTARD

#### **THE GREEK**

'FETA', BLACK OLIVE WITH SWEET CHILLI JAM

\*Ask for GF option.

#### **THE PLOUGHMAN'S**

'HAM', SMOKEY APPLEWOOD 'CHEESE', WITH RED ONION CHUTNEY

#### **THE MEXICAN**

SPICY 'CHEESE', AVOCADO WITH SALSA

### **OPEN TOASTED BAGELS**

MADE ON A NEW YORK CLASSIC WHITE POPPY SEED BAGEL

FROM *BADDA.BOOM BAGELS*

£6

HUMMUS, TOMATO & BLACK OLIVE

MARINATED TOFU, AVOCADO & TOMATO

'CREAM CHEESE', CUCUMBER & ROCKET

## **Plant Based Breakfast**

SERVED UNTIL 12

### **SOURDOUGH TOAST**

FROM ALEX GOOCH BREAD

**OR**

### **A TOASTED NEW YORK CLASSIC WHITE**

### **POPPY SEED BAGEL**

FROM BADDA.BOOM BAGELS

**£2.50**

SERVED WITH DAIRY FREE SPREAD

TOPPINGS- STRAWBERRY JAM, MARMALADE, MARMITE, PEANUT BUTTER

**ADD AVOCADO SMASH +£2.50.**

### **FRESHLY MADE PASTRIES**

FROM PETER COOKS BREAD & ALEX GOOCH BREAD

See cake display for selection.

Only Available Tuesday-Saturday.

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## **OUR CAKES**

ALL OUR CAKES ARE MADE LOCALLY BY THESE AMAZING COMPANIES -

The Rusty Star Cake Co. - Worcester

The Cake Tin - Great Malvern

Be the Change - Worcester

**SEE OUR CAKE DISPLAY INSIDE FOR TODAY'S SELECTION**

**ALL VEGAN**