

BREAKFAST

SERVED UNTIL 12pm

BREAKFAST CIABATTA

Vegetarian frankfurter with smoked tempeh bacon, fried freerange egg and cheddar cheese

7.00

MILL ROAD BAGEL

Brie, sunblushed tomato, freerange fried egg & rocket in a toasted wholegrain bagel

6.50

SCRAMBLED TOFU ON TOAST

'Buttered' thick cut white toast with cherry tomatoes, micro greens, rocket & chives

9.50

LOADED PORRIDGE

Creamy porridge topped with fresh fruit, toasted nuts, maple syrup. Oat, soy or dairy milk available

6.50

LUNCH

SOUP OF THE DAY

With fresh herbs & toasted seeds, served with granary bread and butter

6.50

GARDEN KITCHEN V.L.T

Smoked tempeh bacon, rocket and tomato in a wholegrain bagel with GK plant based mayo

6.50

FALAFEL WRAP

Toasted flat bread with hummus, red slaw, leaves, sweet chilli sauce and mint & coriander cashew yogurt

7.50

SALAD BOWL

12oz -

5.50

24oz -

8.50

+ falafel, hummus & seeds

3.00

VEGAN SAUSAGE ROLL

Spinach, roasted squash, sunblushed tomatoes & chick peas

- on it's own

4.50

- with leaves & 1 side salad

7.00

SPINACH & FETA PIE

Wilted spinach, onion and feta cheese encased in puff pastry

- on it's own

6.00

- with 1 side salad & leaves

8.50

PLANNING A PARTY OR EVENT?

Talk to us about how we can help or take a look at our catering menus

www.thegardenkitchen.uk

