

# weekday lunch menu 12-3pm

please inform us of any allergies

GF = gluten free; GF\* = gf bread/base for \$2 extra;  
NF = nut free; \* = on request **100% PLANT BASED MENU**



## sharing plates

### FRIES

with herb aioli **GF NF 11**

### GARLIC FLATBREAD

Sourdough garlic flatbread **GF\* NF 14**  
add cashew mozzarella **4**

### CARBONARA LOADED FRIES

Fries loaded with carbonara sauce, facon, chives,  
cashew parmesan **GF NF\* 18**

### STONEFRUIT CAPRESE

Grilled thyme stonefruit, cashew mozzarella, tomato,  
fresh basil, toasted seeds, maple apricot dressing **GF 17**

### GNOCCO FRITTO

Fried dough balls with olive salt & Pomodoro dipping  
sauce **NF 12**

### CINNAMON GNOCCO FRITTO

Cinnamon sugar dusted dough balls with chocolate  
dipping sauce **NF 12**

### POLENTA STICKS

with herb aioli **GF NF 14**

## pizza

*Our sourdough pizzas are fermented for 48 hours for our healthier take on Roman style pizza. Your choice of our regular base or gluten free sourdough base. We are unfortunately unable to cater for coeliac or severe nut allergies as we make all our dough & cheeses from scratch.*

### MARGHERITA

Pomodoro sauce, house  
cashew mozzarella, fresh  
basil, olive oil **GF\* 22**

### TUTTO CARNE

Pomodoro sauce, Plan\*t  
sausage, chorizo, crumbled  
beef, plant based ham,  
caramelised onion, BBQ  
sauce, cashew mozzarella  
& parmesan **30**

### POLLO

Pomodoro sauce, seitan  
'chicken', cashew  
mozzarella, smoked  
cheddar, BBQ sauce,  
herbed aioli drizzle,  
Spanish onion **28**

### PIZZA PATATINE

Garlic-bianca base,  
shaved potato, rosemary,  
smoked cheddar, cashew  
mozzarella, parmesan,  
Spanish onion **GF\* 25**  
add capers **2**

### TARTUFO

Mushroom cream, mixed  
mushrooms, smoked  
cheese, parmesan, rocket,  
truffle oil **GF\* NF\* 26**

### TROPICALE

Pineapple, plant based  
ham, cashew mozzarella,  
smoked cheese, chilli oil  
**GF\* NF\* 25**  
add BBQ sauce **2**

## mains

### HASH STACK

Herbed hash cakes, grilled smoked cheese, creamy  
mushrooms, baby spinach & hollandaise **GF NF 24**  
add Plan\*t sausage **GF NF 6**

### AVOCADO TOAST

Confit tomato, crumbled feta, Sicilian red pesto,  
avocado, toasted seeds & micro greens on toasted  
ciabatta **GF\* 23**

### CAESAR SALAD

Cos lettuce, facon bits, aubergine 'anchovies', croutons,  
cashew parmesan, Caesar dressing  
piccola **GF NF\* 16** grande - with seitan 'chicken' **NF\* 24**

### CARBONARA

Spaghetti with carbonara sauce, facon & cashew  
parmesan **NF\* 24**

### PUTTANESCA

Spaghetti with capers, olives, aubergine 'anchovies',  
tomato, cashew parmesan **NF\* 24**

### TRUFFLE BURGER

Plan\*t beef patty, truffled mushrooms, smoked cheese,  
caramelised onions, Cos lettuce, pickles & herb aioli in  
a brioche bun, with fries or Caesar side salad **NF\* 25**

### CHICKEN PARMA BURGER

Crumbed plant based chicken patty, chargrilled  
aubergine, cashew mozzarella, Cos lettuce, pickles,  
herb aioli & tomato relish in a brioche bun, with fries or  
Caesar side salad **NF\* 25**

## brunch sides

Plant based ham **NF 4**

Plan\*t chorizo **GF NF 5**

Plan\*t sausage (1) **GF NF 6**

Seitan 'chicken' **NF 7**

Hash cakes (2) **GF NF 7**

Avocado **GF NF 6**

Confit tomato **GF NF 6**

Cashew mozzarella **GF 4**

Ciabatta (2) **NF 7**

GF bread (2) **GF NF 8**

Hollandaise **GF NF 2**

Herb aioli **GF NF 2**

## pizza add ons

Seitan chicken **NF 7**

Plan\*t chorizo **GF NF 6**

Plant based beef **NF 7**

Vegan ham **GF NF 6**

Kalamata olives **GF NF 2**

Artichoke **GF NF 3**

Charred aubergine **GF NF 3**

Capers **GF NF 2**

Rocket **GF NF 3**

Roasted red pepper **GF NF 3**

Spanish onion **GF NF 2**  
Creamy mushrooms **GF NF 3**

Pineapple **GF NF 2**

Cashew mozzarella **GF 4**

Smoked cheddar **GF NF 3**

Herbed aioli **GF NF 2**

BBQ sauce **GF NF 2**

### PARMIGIANA

Pomodoro sauce,  
aubergine, cashew  
mozzarella, smoked  
cheese, parmesan, basil  
**GF\* 25**