THE PLANT KITCHEN

VERDANT

EST. 2020

FOOD MENU

Buddha Bowls £13.95

Roasted red pepper & onions, avocado, tomatoes, radishes, cucumber and carrot spirals served on a bed of kale and spinach .Topped with chia seeds, omega's 3 seeds and hemp seeds

Choose 1 from each of the columns:

Choose 1st Topping :

- Sweet potato
- Hummus **(se)**
- Red cabbage

Choose 2nd Topping :

- Black Beans
- Lentils
- Chickpeas
- Mushrooms

ADDED OPTIONS:

Extra Topping 1 + £ 2.50
Extra Topping 2 + £ 1.75
Jalapeños + £ 1.00
Aleafia's Cashew Cheeze + £ 2.50 **(n)(m)**
Kimchi + £ 2.50

Vegan Nachos £13.95

A bowl of corn tortilla chips topped with black beans, homemade fresh guacamole, salsa & jalapeños AND our secret sauce - The Plant Bar Cashew Cheeze **(n)(p)(m)(se)(su)**

Jacket Potato £9.95

Sweet jacked potato served with hummus, black beans and a side salad. **(se)**

ADDED OPTIONS:

Jalapeños + £ 1.00
Aleafia's Cashew Cheeze + £ 2.50 **(n)(m)**
Kimchi + £ 2.50

Aleafia Signature Waffles £12.75

Small portion **£8.45**

SAVOURY

(Sweet potato, garlic & thyme base)

Choose your toppings

Sliced avocado, tahini, cumin, lime juice, salt **(se)**
or
Hummus, sliced cucumber, lime juice, flat leaf parsley **(se)**
or
Hummus, black beans & jalapeños **(se) + £1.10**

with Nacho Toppings £15.95

salsa, guacamole, beans, jalopeños & cheese sauce

SWEET

(Banana, cinnamon & vanilla base)

Choose your toppings

Sliced banana, almond butter, cinnamon, goji berries **(n) (su)**
or
Coconut Yogurt, Berries, Hemp seeds, Almond Butter Drizzle **(n)**

Add:

- Banana + £0.70

GF Toast Main £12.95

Small portion **£8.90**

SMASHED AVOCADO WITH BLACK BEANS

Avocado, black beans, lime juice, chilli flakes, radish thins and mixed sprouts served on a GF sourdough toast

ROASTED TOMATOES & HUMMUS

Cherry Tomatoes roasted in olive oil and garlic, parsley and home made chickpea hummus served on a GF sourdough toast **(se)**

MUSHROOM & BEETROOT HUMMUS

Mushrooms, spinach and home made beetroot hummus, served on a GF sourdough toast **(se)**

Allergens: contains (g) gluten (n)nuts (se)sesame (so)soya (p)peanuts (su)Sulphur dioxide (m)mustard

100% PLANT BASED & GLUTEN FREE FOOD

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FOOD MENU

PLANT BAR FUNCTIONAL SUPERFOOD BOWLS £9.75

SMOOTHIE BOWLS

AÇAI BERRY (cold)
A mix of berries and aÇai topped with granola, bluberries and almond butter. **(n)**

MATCHA & COCONUT (cold)
A mix of pineapple, peach, banana and matcha topped with kiwi, coconut flakes, banana slices and pistaccios. **(n)**

TROPICAL (cold)
A mix of banana, guava, pineapple, mango and dragonfruit topped with passion fruit, coconut flakes and bluberries.

BLUE (cold)
A mix of banana, pineapple and blue spirulina topped with banana slices, almond flakes and apple slices **(n)**

HOT OAT BASED BOWLS

BERRIES (hot)
GF Oats, chia seeds, blueberry powder, goji berries, omega's 3 seeds

BANANA & ALMOND BUTTER (hot)
GF Oats, chia seeds, turmeric, almond butter, banana, cinnamon & omega's 3 seeds **(n)**

APPLE & CINNAMON (hot)
GF Oats, cinnamon, maple syrup, sliced apples, crushed walnuts and bluberries **(n)**

CACAO & RASBERRIES (hot)
GF Oats, cacao, maple syrup, banana slices, granola, rasberries & cacao nibs. **(n)**

Heart Warming Salad £15.75

Kale, chickpeas, roasted sweet potatoes & beetroot and quinoa. Topped with warm cinnamon-spiced apples , craberries and walnuts, drizzled with creamy tahini sauce, **(se)(n)**

Gut Health Protein Bowl £14.50

Quinoa, crunchy roasted chickpeas, a medley of fresh veggies; cherry tomatoes, cucumber, spinach. garlic, avocado, kimchi, sprouts.

The Plant Bar Plate £15.25

Homemade hummus, roasted tomatoes, garlic mushrooms and avocado on toast, black beans and kimchi. **(se)**

Beetroot & Rocket Carpaccio £7.95

Cooked beetroot, sliced tomatoes, wild rocket, crushed walnuts and balsamic vinegar drizzle. **(n)**

THANK YOU FOR JOINING US !
IF YOU ENJOYED YOUR EXPERIENCE PLEASE LEAVE US A REVIEW HERE

SCAN ME

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DRINKS MENU

As a standard all of our hot drinks are served with our house blend

All hot drinks can be served iced for +50p — just ask.

COFFEE

Americano	£3.60
Cappuccino	£4.25
Latte	£4.25
Flat white	£3.90
Mocha	£4.95
Extra shot	£1.15
Add Syrup :	£1.15

Vanilla, Hazelnut, Salted Caramel, Amaretto, Gingerbread, Spiced Pumpkin, cinnamon swirl

TEAS

£2.85

Breakfast, Earl grey, Decaf Breakfast, Summer Berry & variety of Pukka Teas!

SPECIALITY HOT DRINKS

Spiced Chai Latte	£4.80
Dirty Chai Latte	£5.95
Beetroot Latte	£4.80
Vanilla Beetroot Latte	£5.95
Dirty Beetroot Latte	£5.95
Turmeric Latte	£4.80
Dirty Turmeric Latte	£5.95
Hot Chocolate	£4.60
Red Velvet Hot Chocolate	£5.60
Salted Caramel Coffee Latte	£5.40
Nutcracker (coffee & hazelnut)	£5.40
Spiced Pumpkin Coffee Latte	£5.40
Activated Charcoal latte	£4.80
Amaretto Coffee Latte	£5.40
Cinnamon Swirl Latte	£5.40

ADAPTOGENIC LATTES

£6.90

GOLDEN MYLK
Turmeric, ginger, cardamom, ceylon cinnamon, black pepper, vanilla extract,

MUSHROOM COMPLEX
Reish, chaga, shiitake, maitake, lion's mane, cordyceps & tremella, cacao powder, ceylon cinnamon, maple syrup,

ASHWAGANDHA SPICED
Ashwagandha, maca, ceylon cinnamon, ginger, maple syrup,

WINTER COMPLEX
Reish, chaga, shiitake, maitake, lion's mane, cordyceps & tremella, cacao, ceylon cinnamon, ginger, hazelnut,

MATCHA MENU

Matcha Green Tea Latte	£5.40
Vanilla Matcha Latte	£6.55
Butterfly Pea Flower Matcha	£5.95
Dragon Fruit Matcha	£5.95
Matcha Green Tea + Mushrooms & Maca	£6.95
Blueberry Matcha	£6.55
Pistaccio Matcha	£6.55
Matcha Tea	£4.50

Sweet Treats

£2.25

Matcha Blondie

Cacao Brownie

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All hot drinks are available iced

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DRINKS MENU

SMOOTHIES £5.95

Served with coconut mylk as standard

BERRY BLISS
Rasberries, blueberries, banana

MANGO MADNESS
Mango, papaya, banana

GREEN GODDESS
Spinach, kale, avocado, pineapple

STRAWBERRY FIELDS
Strawberries, mango

VITAMIN SEA
Apple, blue spirulina, mango

CHOCO POWER
Banana, raw cacao, vanilla

MATCHA ENERGY (+50p) new
Banana, Spinach, avocado, matcha, vanilla

Add plant protein to any smoothie + £2.00

FRESH JUICES

KICKSTARTER (long) £4.15
Carrot, apple, ginger

SHOOT ME GINGER (shot) £3.25
Ginger shot & apple

ENVY (long) £4.75
Spinach, kale, apple, cucumber, ginger

HERB TONIC (short) £3.65
Ginger, turmeric, apple, black pepper

BEET IT (long) £5.25
Beetroot, apple, cucumber, ginger, lime

APPLE JUICE £3.95
Just Apples

SOFT DRINKS

Coconut Water	£3.25
CANO Still Water	£2.95
CANO Sparkling Water	£2.95
Ginger Beer	£3.95
Karma Drinks Lemonade	£3.95
Karma Drinks Orangeade	£3.95
Karma Drinks Cola	£3.95

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CHILDREN MENU

The Plant Bar Signature Waffles

One quarter £4.50
Two quarters £6

SAVOURY

(Sweet potato, garlic & thyme base)
Hummus and cucumber slices **(se)**

SWEET

(Banana, cinnamon & vanilla base)
Banana or berries with maple syrup

Superkid Oats

Porridge oats with either dragon fruit (pink) or butterfly pea flower (blue) or turmeric (yellow) with banana, berries & maple syrup £7

Mini Buddha

Buddha base with sweet potato + lentils or hummus **(se)** £7
(please specify seeds or no seeds)

Sourdough GF Toast

Smashed Avocado OR Smashed banana & almond butter **(n)** £5

Mini Nachos

Tortilla chips topped up with The Plant Bar cashew cheeze **(n)(m)** £7

Hummus & Crudites

Home made hummus with fresh veg sticks **(se)** £5.50

Apple Slices & Almond Butter

Whole sliced apple with a side of nut butter **(n)** £4

Drinks

Apple Juice (diluted with water) £2.50
Bubba-cino (hot plant milk with cacao or cinnamon sprinkles) £2.50
Kids hot chocolate £3

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