

Brighton's original vegetarian restaurant
Established 1981

**KEY**

V vegan / **GF** gluten free / **N** contains nuts / **VO** vegan option / **GO** gluten free option / **OV** often vegan

food to start

bread basket	a daily selection of breads served with extra virgin olive oil and balsamic vinegar - please ask your server for options in case of nut, gluten or other allergies (n, go)	£3.45
three tahini dips	roasted butternut, cinnamon and pinenut, beetroot and mint and pesto topped houmous dips served with toasted pitta (n, s, v)	£4.95
roasted seeds, nuts and olives	kalamata olives with sundried tomatoes, tamari roasted seeds and wasabi cashews (n,v)	£4.95
soup of the day	combine chef's inspiration with seasonal influence and you get today's soup sensation served with fresh bread and butter, or olive oil and balsamic (often V,GF)	£4.45
tofu pockets	sweet tofu cases, one filled with asian mushrooms, spring onions and avocado, miso roasted butternut squash, and an oriental mirin and tamari dressing served with a trio of pickled vegetables (V GF LF)	£5.95
papaya salad	a delicious and light salad of fresh papaya, avocado and cucumber topped with shredded carrot and spring onions, served with a chilli , lime and cashew nut (gf v n r s)	£5.95
thai platter to share	spicy mango salad, tom ka soup with spring onion and sesame, sweet potato and wild rice fritters and a refreshing lime salsa (v,gr s)	£11.45
caramelised red onion and goat's cheese tart	caramelised red onion , braised fennel and goat's cheese tart with sweet and sour pepper sauce, pine nuts and a micro herbs salad (n)	£6.45

main food for friends

stuffed portobello with, sweet potato, fine beans and pesto	portobello mushroom stuffed with feta, sun dried tomatoes and pine nuts with sweet potato wedges, fine beans with a pesto sauce topped with creme fraiche (gf, n)	£11.95
sweet potato gratin	seasoned with garlic and rosemary served with roasted mediterranean vegetables, roasted red pepper coulis and topped with wild rocket and parmesan (GF,VO)	£11.45
flash in the pan	shitaki and cashew nuts stir-fried with garlic, ginger and shallot, sweet potato and mixed vegetables served on nori with a crispy vermicelli nest and a choice of organic rice or egg noodles (go, vo, n)	£9.95
food for friends mezze for two	sundried tomato and basil falafels (v, gf), roasted aubergine with sweet tomato and marsala wine sauce topped with parmesan (gf), roasted sweet peppers stuffed with herbed cous cous, dried fruits and toasted flaked almonds topped with warm goat's cheese (vo, n),roasted courgettes stuffed with feta, sun-dried tomatoes and pinenuts (gf) micro herb, leaves and edible flower salad with olive oil and lemon dressing (v) all served with lemon aioli, hommus, basil and chilli labne and warm pitta (go, s, n)	£22.95

butternut squash filo parcel	filo parcel with roasted butternut, cashew nuts, spinach and caramelised onion on a mandarin and mango salad with mirin and chilli dressing (v n s)	£10.95
sweet potato and coconut curry	roasted sweet potato, butternut squash, cashew and coconut curry with herbed spinach brown basmati pilaf, cucumber riata and spicy vegetable crisps (vo, gf, n)	£10.95

salad for friends

goat's cheese salad	goat's cheese baked on a pesto croute with a balsamic roast pepper and tomato, kalamata olives, sprouted mixed beans and pulses, walnuts and a roasted red pepper coulis (N)	£9.95
warm haloumi, avocado and fresh mango	dressed baby leaves with warm mild ewe's haloumi from cyprus served with perfumed mango, ripe avocados, wasabi roasted cashews and a mango dressing (N GF LF VO)	£10.45
warm wild mushroom, pear and dolce latte salad	a delicious salad of pan-fried wild mushrooms, poached pear honeyed walnuts, baby spinach with truffle oil, and garlic crostini with a smooth dolce latte dressing (gf, n)	£10.95

food for juniors (under 12's) £3.95

penne and tomato	with a tomato and herb sauce topped with grated cheese (VO)
healthy veggie burger and potato wedges	homemade veggie burger in a wholemeal bap with potato wedges and ketchup or mayonnaise
focaccia pizza	focaccia based pizza with tomato sauce, cheddar and mozzarella cheese served with a side salad
	followed by your choice of ice cream (all our ice creams are gluten free and we have a selection of vegan ice creams too)

side orders

kalamata olives	plump and delicious garlic marinated kalamata olives (V,GF,LF)	£2.95
3 tahini dips	roasted butternut, cinnamon and pinenut, beetroot and mint and pesto topped houmous dips served with toasted pitta (n, s, v)	£4.95
seasonal leaves and herb salad	a side salad of seasonal leaves and fresh herbs, mixed sprouting beans and pulses and cherry tomatoes served with balsamic and olive oil dressing (v, gf, lf)	£4.25
	three tahini dips - beetroot, chickpea and pumpkin tahini dips served with toasted pitta (N S V)	
wilted spinach and pine nuts	wok-fried fresh spinach with shallot, garlic and ginger, pine nuts and sea salt (GF,VO,N)	£3.95
stuffed roast peppers and goat's cheese	roasted sweet peppers stuffed with herbed cous cous, dried fruits and toasted flaked almonds topped with warm goat's cheese (vo,n)	£4.45
marsala and sweet tomato aubergine	roasted aubergine with sweet tomato and marsala wine sauce topped with parmesan (gf)	£3.95
potato wedges	with a sprinkle of sea salt and served with a choice of dips (GF,VO)	£3.65
extra dips	mango chutney, sour cream, ketchup, mayonnaise, sweet chilli	
other breads	warm pitta (v) £1.45 home-made gluten-free bread £2.50 garlic bread (vo) £2.50	

all home-made desserts

lemon and pine nut iced mousse	refreshing and original lemon and pine nut frozen mousse served with home-made spiced ice-cream and pistachio and caramel crisps <i>(gf, n)</i>	£5.95
chocolate truffle torte	rich dark chocolate truffle baked on a hazelnut biscuit base served with summer berry compote <i>(v, n)</i>	£5.95
cardamom and saffron crème caramel	baked cardamom scented crème caramel streaked with saffron and served with fresh blackberries, honey and a szechwan <i>(gf)</i>	£5.45
sticky toffee pudding	home made sticky toffee pudding with a delicious toffee caramel sauce and madagascan vanilla icecream	£5.95
molten chocolate pudding	an indulgently gooey hot chocolate pudding served with baileys ice cream <i>(GF)</i>	£5.95
rhubarb crumble	rhubarb crumble baked to order and served with madagascan vanilla icecream <i>(vo)</i>	£5.95
a basket of of ice cream	a cluster of three flavours from our selection captured in a homemade brandy snap basket garnished with fresh fruit <i>(VO GO)</i>	£5.45

afternoon tea - served between 3pm and 6pm - £4.95

	all served with your choice of organic breakfast tea, organic earl grey, bombay chai, rooibos, marrakech mint, chamomile citrus, green tea tropical, white tea or ginger twist and lemongrass	
pistachio cake	a light pistachio cake with vanilla ice cream and blueberry essence <i>(gf, n)</i>	
carrot and walnut cake	moist carrot and walnut cake topped with a lime and mascarpone topping	
home made scones	fresh-home made scones , served with finest clotted cream and strawberry jam <i>(vo)</i>	
home-made cheese scones	parmesan and matured cheddar scones served with home made chilli jam and sour cream and chive	

white wines

les granges des felines, viognier	peachy viognier with a touch of aromatic picpoul for a floral but refreshingly dry finish <i>(vegetarian, french)</i>	£16.95
culpeo sauvignon blanc, curico valley	grassy new world sauvignon with a touch of gooseberry and subtle tropical notes <i>(organic, vegan, chilean)</i>	£17.95
sancerre blanc 'les caillottes'	herb and citrus on the nose, with a limey cool mineral finish. classic sancerre from a top producer <i>(organic, vegan, french)</i>	£22.95
le bel ange' domaine begude	unoaked chardonnay&chenin blanc, biodynamic, vegan, french, 2006), 'beautiful angel' is a honey scented dry white from the foothills of the pyrenees. the chenin blanc adds acidity and structure to this elegant white <i>(cortese, biodynamic, vegan, italian)</i>	£19.95
pinot grigio, altana di vico	nutty and gently floral, with a zesty dry finish <i>(vegetarian, italian)</i>	£18.95
seddlescombe bodiam harvest	luscious and ripe. a balanced and harmonious medium white from the local sussex vineyard <i>(seyval blanc, organic, vegan, english)</i>	£19.95
macatela blanco, tierra de	cool cucumber aromas with hints of apple and melon on the palate	£14.95

castilla	(airen, organic, vegan, spanish)	£14.95
red wines		
fleurie 'tradition', domaine point de jour	a great producer in a fabulous area. this is an elegant gamay with soft layers of ripe red fruits and minerality (gamay, vegan, french)	£23.95
domaine de la tour	ripe and fruity on the nose with a classic southern french savoury note (merlot, organic, vegan, french)	£17.95
bertie's 'grenashe'	(grenache, biodynamic, vegan, french, 2007, bertie was the first mad englishman to bring biodynamics to the minervois, this super-juicy, silky red is bursting with ripe red fruit.	£23.95
camino los robles	an unoaked, fresh tempranillo with a smidgen of spice (tempranillo, organic, vegan, spanish)	£14.95
malbec 'tizac'	dreamy blackcurrant nose, with a smooth juicy palate (malbec, organic, vegan, argentinean)	£16.95
cape haven	bold, fruity pinotage which is berry scented with a classic touch of smoke and spice (pinotage, vegan, south african)	£18.95
rose wines		
macatela – garnatxa rosado	grenache, organic, vegan, spanish, 2007 a tasty, full flavoured rosado with wild red fruit and a dry refreshing finale. very spanish and unashamedly youthful, great with food (grenache, organic)	£15.95
domaine de la tour 'gard rosé'	caladoc, organic, vegan, french, 2006/7, classic southern french pinky! A light salmon colour with a soft strawberry nose and smooth elegant palate. a great example of the spectacular potential of the organic approach. (cabernet franc, biodynamic, vegan, french)	£19.95
rose prosecco spumante, sparkling rose	a delightfully fresh and frothy italian sparkling wine, with an appealing elegant pink colour, and fruity character of pears and cherry drops. the finish is mouthwatering, dry and crisp (prosecco, organic, vegan, italian)	£24.95
cocktails		
apple cart martini	calvados apple brandy, cointreau, freshly squeezed lemon juice and sugar syrup	£4.95
toasted almonds	disaronno amaretto, kahlua, double cream and milk (vo)	£5.50
irish chocolate orange	baileys irish liqueur, kahlua and cointreau	£5.50
espresso martini	absolut vodka, kahlua, espresso coffee and sugar syrup	£4.95
white satin	galliano, kahlua, double cream and milk (vo)	£5.50
organic soft drinks		