

Non Gluten Containing Ingredients Menu



Breakfast & Brunch

SERVED UNTILL 3PM

FULL VEGAN BREAKFAST 16.5

2 cumberland-style sausages, tofu scramble, sautéed smoky mushrooms, 2 hash browns, baked beans, grilled tomato

contains soy

SAVOURY PANCAKES 12

served with cumberland-style sausages, tofu scramble, smoky mushrooms and maple flavoured syrup

contains soy

SWEET PANCAKES 11

served with banana maple flavoured syrup or chocolate sauce

Soul Bowls

SERVED FROM 11AM



FALAFEL SOUL BOWL 14.6

homemade falafel, smoked paprika hummus, roasted chickpeas, spinach, red cabbage and carrot with cucumber, sesame seed & olive oil

contains sesame

SATAY SOUL BOWL 14.6

pan-fried tofu strips tossed in peanut satay sauce served on courgette noodles, red cabbage, carrot, rocket, with spring onion, crushed peanuts

contains soy, peanuts, sesame



Seeds Burgers

FROM 11AM

CARAMELISED ONION BURGER 12

burger patty, cheese, caramelised onions, smoky mushrooms, spinach and mayo

CLASSIC CHEESE BURGER 12

burger patty, cheese, tomato, lettuce, gherkin, red onion, garlic mayo and ketchup.

SATAY BURGER 12

burger patty, cheese, zucchini noodles, carrot ribbons, purple cabbage, spring onion, crushed peanuts, chilli flakes and satay sauce

contains soy, peanuts, sesame

THE MAPLE MUSTARD BLAZE 12

burger patty, cheese, salt n chilli roasted sweet potatoes, rocket & mustard maple sauce

contains mustard

Sides

SALAD 4.2

a mix of fresh greens & raw vegetables dressed with olive oil

CHIPS 4.6

regular 5

smoky 5.3

salt & chilli

add-ons

sausage, scramble, mushrooms, beans, hash brown, falafel 1.1

tofu, cheese, GF bun 1.50

burger patty 3

dips

house mayo, house garlic mayo, house satay, sweet chilli sauce, sriracha 0.99

