

ETHOS

DELICIOUSLY DIFFERENT

COLD

ROASTED CAULIFLOWER W. SEMI-DRIED CHERRY TOMATOS & CAPERS GF,VE

SPROUTED WILD RICE & BEET SALAD W. CITRUS POMEGRANATE GF,VE

SEAWEED SALAD W. SWEET MISO DRESSING GF,VE

BUTTERNUT SQUASH & FETA GF

BROCCOLI & CARROT W. CURRIED CASHEW CREAM GF, VE

MARINATED TOFU & MANDARIN SALAD W. BROCCOLI & RED PEPPER GF, VE

MASSAGED KALE SALAD W. KUMQUATS GF, VE

GOOD GREEN SALAD W. SUGAR SNAPS & CHICKPEAS GF, VE

SPRING BUCKWHEAT SALAD W. ASPARAGUS, APPLE & RED KALE GF, VE

MARINATED OLIVES W. ARTICHOKE HEARTS GF, VE

DIPS

MIXED BEAN DIP W. HARISSA & SMOKED PAPRIKA GF,VE

BUTTERMILK BLUE CHEESE DIP GF

GUACAMOLE GF, VE

MANGO & PINEAPPLE SALSA GF, VE

BEET YOGHURT W. TARRAGON & MINT GF, VE

GF: Gluten Free VE: Vegan

E T H O S

DELICIOUSLY DIFFERENT

HOT

JAPANESE MISO GLAZED ROASTED AUBERGINE VE, GF

HALLOUMI BITES

SWEET POTATO FRIES VE

QUORN LASAGANA

SPRING GREEN SCOTCH EGG

OAT'S DI BROCCOLI GF

CHICKPEA & COCONUT CURRY VE, GF

MACARONI & CHEESE BITES

PESTO LINGINE W. PINE NUTS

JEWELLED BASMATI W. POMEGRANTE, ALMOND FLAKES GF, VE

SPICY PANEER GF

MORACCAN ROLLED PASTILLA VE

SWEET CORN & GOAT CHEESE TORTILLA WRAPS W. HABERERO SAUCE

POTATO KUGEL GF

GF: Gluten Free VE: Vegan