

ETHOS

DELICIOUSLY DIFFERENT

WINTER SALAD



Roasted cauliflower w. tahini coconut yoghurt **GF V**

Wheatberry tabbouleh w. Tortillas **NF V**

Baked Courgette, chickpeas & candied chillies **NF GF V**

Green beans, figs, gorgonzola & toasted hazelnuts **GF V**

Roasted squash & spinach **NF GF V**

Avocado & mango salad w. berries & toasted pine nuts **GF V**

Brussel Sprouts, kale w. chestnuts & vinaigrette **GF V**

Betroot, pear & cucumber w. radishes **NF GF V**

Baked sweet potato w. sweetcorn salsa **NF GF V**

Traditional Greek Salad **NF GF**

Vegan coleslaw w. toasted peanuts **GF V**

Broccoli, roasted courgettes, artichokes w. buckwheat granola **GF V**

Roasted aubergines w. peppers & peanuts **GF V**

GF Gluten free **V** Vegan **NF** Nut Free

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WINTER HOT PODS

Braised red cabbage w. caramelised pear **V GF NF**

Pumpkin, beetroot & lentil wellington **V**

Mini veggie chimichangas **V**

Christmas roast veggies **NF V**

Festive scotch eggs w. cranberry sauce **NF**

Squash, pepper & basil loaf **NF GF**

Tofu feijoada w. smoked seitan sausages **V**

Middle eastern okra w. aubgerine **NF GF V**

Pita bread **NF V**

Miso glazed aubergine **NF GF V**

Green pea & jalapeño loaf **NF GF**

Broccoli & cauliflower fritters w. mint & lime yoghurt **NF V**

Haloumi bites **NF**

Seitan sausage casserole w. sun-dried tomatoes & croutons **NF V**

Ethos homemade pasties **NF V**

Fried cinnamon plantain & chilli flakes **NF V**

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SWEET TREATS



Giant meringues 3

Salted Caramel Cookies 2.5 **V**

Lemon curd cheesecake 4

Organic chocolate mint truffles 1.5 **GF V**

Peanut butter blondie 2.5 **V**

Banana bread 3.5 **GF**

Salted Caramel flapjack 3.5 **GF V**

Peanut butter bomb 2 **GF V**

Peanut Caramel Slice 3.5 **GF V**

Raw Coconut hearts 3.5 **GF V**

Organic blueberry and lemon raw cake 4.5 **GF V**

Organic choc hazelnut raw cake 4.5 **GF V**

Banana/lemon/blueberry/raspberry muffin 3.5 **GF**

Banana, honey and pecan loaf 3.5

Naughty chocolate cake 4.5 **V**

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SWEET TREATS



Intense chocolate brownie 3  

Cupcakes 4 

Black bean brownie 3.5 

Chocolate/Blueberry/carrot/lemon loaf 3.5

Banoffe cake 3.5

Salted caramel brownie 4.5  

White Raspberry/ Chocolate chai Doughnut 4.5  

Chocolate/lemon/raspberry/coffee/ vanilla Macaroons 2

Pumpkin Pie 3.5

Chocolate mousse 3.5 

Chocolate ganache cake 4.5  

Organic lime and ginger raw cake 4.5  

Organic raw chocolate bounty fingers 3.5  

Organic passionfruit and coconut cake 4.5

 Gluten free  Vegan  Nut Free