

ETHOS

DELICIOUSLY DIFFERENT

SALAD & COLD PODS

Roasted Cauliflower w. toasted Chickpeas **V GF**

Butternut Squash w. Spinach & Feta **GF**

Giant couscous w. pesto & pumpkin seeds **V**

Tomato & avocado w. caramelised onions & Hazelnuts **V GF**

Vegan Slaw **V GF**

Greens w. Sugar Snaps **V GF**

Courgettes, Artichoke & Broccoli Salad w. crunchy oats **V GF**

Aubergines, mixed peppers & shaved carrots w. toasted peanuts **V GF**

Protein salad w. egg, spinach & avocado **GF**

Spring greens w. pomegranate & walnuts **V GF**

Pesto pasta w. turmeric tofu **V**

CONDIMENTS

Hummus **V GF**

Baba Ganoush **V GF**

Beetroot, Tarragon & Mint **V GF**

Marinated Olives w. chilli **V GF**

Three bean salad w. pomegranate **V GF**

Sweetcorn salsa **V GF**

Smashed avocado **V GF**

GF Gluten free **V** Vegan

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HOT PODS



Dengaku roasted aubergine **V GF**

Aloo scotch eggs w. spicy tomato sauce

Halloumi bites w. sesame seeds

Thai Sweetcorn fritters w. fresh lime **V**

Sweet potato crisps **V**

Broccoli & cauliflower fritters w. lime & mint yogurt **V**

Cassava fritters w. harissa labneh **V**

Toasted pita bread w. oregano **V**

Barbeque seitan ribs **V**

'Sausage' & chickpea stew **V**

Vegan 'mac & cheese' w. crispy leeks **V**

Quorn Lasagne **V**

Basmati Rice w. chilli flakes **V**

Goan red lentil & coconut curry **V**

GF Gluten free **V** Vegan

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SWEET TREATS



Giant meringues 3

Salted Caramel Cookies 2.5

Lemon curd cheesecake 4

Organic chocolate mint truffles 1.5

Peanut butter blondie 2.5

Banana bread 3.5

Salted Caramel flapjack 3.5

Peanut butter bomb 2

Peanut Caramel Slice 3.5

Raw Coconut hearts 3.5

Organic blueberry and lemon raw cake 4.5

Organic choc hazelnut raw cake 4.5

Banana/lemon/blueberry/raspberry muffin 3.5

Banana, honey and pecan loaf 3.5

Naughty chocolate cake 4.5

Gluten free Vegan

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SWEET TREATS



Intense chocolate brownie 3 ^{GF} ^V

Cupcakes 4 ^V

Black bean brownie 3.5 ^{GF}

Chocolate/Blueberry/carrot/lemon loaf 3.5

Banoffe cake 3.5

Salted caramel brownie 4.5 ^{GF} ^V

White Raspberry/ Chocolate chai Doughnut 4.5 ^{GF} ^V

Chocolate/lemon/raspberry/coffee/ vanilla Macaroons 2

Pumpkin Pie 3.5

Chocolate mousse 3.5 ^V

Chocolate ganache cake 4.5 ^{GF} ^V

Organic lime and ginger raw cake 4.5 ^{GF} ^V

Organic raw chocolate bounty fingers 3.5 ^{GF} ^V

Organic passionfruit and coconut cake 4.5

^{GF} Gluten free ^V Vegan