

# 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**

Roasted Sweet potato w. vinaigrette & pine nuts **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**

Tzatziki w. dill **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**

Quorn mini burgers w. chimichurri

Sweet potato crisps **V**

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

Cassava fritters w. harissa labneh **V**

Toasted pitted bread w. oregano **V**

Barbeque seitan ribs **V**

Mexican Chilli sin carne **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 <sup>GF</sup> <sup>V</sup>

Cupcakes 4 <sup>V</sup>

Black bean brownie 3.5 <sup>GF</sup>

Chocolate/Blueberry/carrot/lemon loaf 3.5

Banoffe cake 3.5

Salted caramel brownie 4.5 <sup>GF</sup> <sup>V</sup>

White Raspberry/ Chocolate chai Doughnut 4.5 <sup>GF</sup> <sup>V</sup>

Chocolate/lemon/raspberry/coffee/ vanilla Macaroons 2

Pumpkin Pie 3.5

Chocolate mousse 3.5 <sup>V</sup>

Chocolate ganache cake 4.5 <sup>GF</sup> <sup>V</sup>

Organic lime and ginger raw cake 4.5 <sup>GF</sup> <sup>V</sup>

Organic raw chocolate bounty fingers 3.5 <sup>GF</sup> <sup>V</sup>

Organic passionfruit and coconut cake 4.5

<sup>GF</sup> Gluten free <sup>V</sup> Vegan