



## FOOD MENU

### SAVOURY WHOLEFOOD, VEGAN & GLUTEN FREE T/A EAT IN

**SPROUT POT** 4.25 5.5

Daily home-cooked, one-pot meal served with basmati brown rice. A super tasty and satisfying dal, curry, chilli or stew. Check the board or our social media stories to see what's cooking today.

**ADD BREAD + SPREAD** .75 .95

- Vicky's artisan sourdough bread (not gluten free)
- The Incredible Bakery's epic gluten free bread

**INDIAN SPICED PASTY** 3.5 4.5

Vegan and gluten free, fragrantly spiced sweet potato and pea pasty.

The shop is packed with tasty food which we're happy for you to enjoy at the cafe. We recommend the hummus and tortilla chips, olives, toasted tea cakes or gluten free scones. We'll even bring you toast and jam!

### SWEET VEGAN, GLUTEN FREE, REFINED SUGAR FREE & RAW

	T/A	EAT IN		T/A	EAT IN
<b>PURA PRESSED</b>			<b>CONSCIOUS KITCHENRY</b>		
salted caramel slice	2.75	3.45	salted peanut butter & date	3.25	3.95
peppermint slice			caramel slice		
caramel goji brownie			activated walnut biscuit &	3.25	3.95
salted caramel donut	3.0	3.75	dark chocolate slice		
chocolate orange donut			raw activated chocolate	3.5	4.25
carrot cake	3.25	3.95	coated cashew cream		
strawberry cake			cheesecake bar		
black forest cake					
banoffee pie	3.0	3.75	<b>PLANT-BASED ICE CREAMS</b>		
hazelnut chocolate torte			single serve, assorted flavours		
mocha cheesecake	3.0	3.75	Booja Booja cashew ice cream	1.99	
snickers cheesecake			Coconuts coconut ice cream	1.99	
chocolate orange cheesecake					
chocolate brownie cheesecake					

Many of our cakes contain nuts!

Dietary requirements?

Just let us know :)