



WILD FOOD CAFÉ

PLANT BASED RESTAURANT & WELLBEING OASIS

STARTERS

Sharing Board | S

chickpea & cannellini bean hummus, raw crackers, marinated olives, gherkins, crudités, watercress, garlic flatbread 16 | 30

Kimchi Maki Roll | S

cauliflower rice, marinated oyster mushrooms, kimchi, avocado, cucumber, asparagus, served with tamari 12

BBQ Jackfruit Tacos | N S

butternut squash & almond shell, bbq jackfruit, garlic aioli, apple & red cabbage slaw, chives 11

Scrumptious Squash Bruschetta | N S

grilled squash & asparagus, heritage tomato salsa with basil, almond feta, wild leaf pesto 9.5

| also available as a main 15 |

MAINS

The Green Burger | S

wild spice mix, olive, cabbage, pepper & mushroom pattie, beef tomato, caramelised onion, sliced gherkin in a homemade green bun with burger sauce

| with luscious leaves 15 or polenta fries 16 |

Summer Goddess Bowl | N S

wild nettle quinoa, chickpea & cannellini hummus, pine nut cream, cauliflower, heirloom tomato salsa 15

Courgetti Spaghetti | S

courgetti in a creamy sauce, heritage tomato salsa with basil, pine nut parmesan 14.5

Ayurvedic Super Salad | S

wild mixed leaves with mustard dressing, courgetti, wild rice, olives, wild leaf pesto, avocado, marinated oyster mushrooms, mixed pepper, mango sauce 14.75

PIZZAS

Simple | S

marinara sauce, pink olives, pine nut parmesan, rocket, olive oil 14.5

BBQ Jackfruit Kimchi | N S

marinara sauce, kimchi, young jackfruit, spicy Korean sauce, cashew cheese, rocket, spring onion 16.5

Italian Meatball | N S

marinara sauce, walnut & oyster mushroom meatballs, wild leaf pesto, marinated cherry tomatoes, pink olives, cashew cheese, rocket 16.5

SIDES

Turkish Olives 4.5

Luscious Leaves | S 4.5

Spiced Roasted Nuts | N 4

Multi-Seed Bread | S 3.5

Cheese & Onion Kale Chips | S 4.75

Polenta Chips with Garlic Aioli | N S 5.5

Raw Crackers with Wild Leaf Pesto | S 6

Flatbread with Roasted Garlic Puree | S 6

DESSERTS

Banoffee Pie | S 8

Chocolate Raspberry Tart | N S 9.25

Blueberry & Vanilla Cheesecake | N S 10

Eton Mess | N S 9.5

Rainbow Cheesecake | N S 11

Not all ingredients are listed for each dish, please inform a team member of any allergy or dietary requirements. Contains: N - Nuts, S - Seeds, G - Gluten

A 12.5% discretionary service charge will be added to your bill. All proceeds go directly to our team.

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