

# We Vegans

## Breakfast 8 - 11.30

**Vegan Breakfast** - Wholemeal Toast, Wild Mushrooms, Asparagus, Bedford Beans, Scrambled Tofu 6.5

**Hungry Vegan** - Avocado, Asparagus, Cherry Tomatoes, Wild Mushrooms, Hash Browns, Beans, Scrambled Tofu, Wholemeal Toast 11

**Granola** - Fruit, Seeds, Oat Milk 4.5

## Brunch 8 - 3

**Wild and Sour** - Wild Mushrooms, Asparagus, Red Onion, Peppers, Watercress, Crotons, Balsamic 6.5

**Bedford Beans on Toast** 4

**Scrambled Tofu on Toast** 4.5

### Avos

Smashed Avo's with a range of flavours

**Inca Tofu** - Avocado, Coriander, Red onion, Pepper, Chilli Flakes, Multigrain Cob, Scrambled Tofu 7

**Super Vegan** - Avocado, Chilli, Lime, Multigrain Cob, Pumpkin Seeds, Sesame Seeds, Cherry Tomato, Sunflower Seeds, Linseeds, Pea-shoots 7.5

**Smokey Vegan** - Avocado, Chipotle Chilli, Lime, Asparagus, Multigrain Cob, Pea-shoots 7.5

## Lunch 12 - 3

### Buddha Bowls

No food groups are neglected here with grains, vegetables, greens, seeds and protein all placed in a bowl and topped with a delicious dressing.

#### Vegan Zonk Bowl

Dahl, Rice, Shredded Carrot, Onion, Pepper, Spinach, Cucumber, Edamame, Pecan, Chai Seeds, Mango Dressing 7

#### Vegan Bam Bowl

Avocado, Rice, Shredded Carrot, Pepper, Onion, Spinach, Cucumber, Edamame, Sriracha Mayo, Sunflower Seeds, Linseed 7

#### Vegan Zoom Bowl

Chipotle Scrambled Tofu, Rice, Shredded Carrot, Pepper, Onion, Spinach, Cucumber, Edamame, Mango Dressing, Peanut, Sesame 7

