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SPOIL YOURSELF WITHOUT SPOILING YOURSELF

VALENTINE’S MENU 2018 £60 PER COUPLE

***Welcome drink of fizz or beer:***

***Fitbeer***

Premium alcohol free beer brewed in Bavaria, a natural isotonic packed full of B vitamins and only 66 calories

***Bees Knees sparkling wine***

NEW! A carefully crafted alternative to alcoholic sparkling wine with only 33 calories per glass

***‘Sharin’s caring’ meze board:***

Our delicious healthy nibble board with mixed olives, kale crisps and roasted nuts

plus organic, GMO-free corn chips with lemon turmeric hummus and fresh guacamole

plus falafels and polenta chips

Sweet’n’salty Nori

***Choice of mains:***

***gorgeous grilled aubergine & tahini***

with toasted pine nuts, pomegranate seeds and fresh micro basil

***hot lips cauli***

sticky baked cauliflower florets with a ginger and chilli ponzu sauce, sprinkled with sesame seeds and served with crispy kale

***jackfruit rendang coconut curry***

a rich Southeast Asian-style dish with young jackfruit, fresh turmeric, ginger, lime leaf, cinnamon sticks and coconut milk served with black rice and a piquant pickled carrot and cauliflower kimchi

***buff burger***

love burgers…but love your body? Stay buff with our protein packed fibre-boosting shitake mushroom, walnut, black bean and ruby beet burger in a gluten-free bun with tomato, lettuce, caramelised red onion marmalade - served with superslaw and sweet potato fries

***exotic mushroom black rice risotto £14.50***

seasonal mushrooms with Italian nerone black rice topped with chives, pecan nut ‘parmesan’ and rocket

***‘Happy ending’ sweet treats platter to share:***

***salted caramel gateaux surrounded by chocolate love balls***

raw cheesecake made from cashew nut cream, vanilla and coconut on an almond and sprouted buckwheat base with a layer of tahini salted caramel

served with rich and smooth raw dark chocolate and medjool date truffles rolled in coconut, divinely decadent whilst being packed with natural antioxidants

® = RAW = NOT COOKED ABOVE 42

ALL MENU ITEMS ARE VEGAN, WHEAT-FREE AND LOW IN NATURAL SUGARS

ORGANIC WHERE POSSIBLE

WE USE NUTS!

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A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL