



VEGAN | VEGETARIAN

“At the forefront of contemporary plant based cuisine Eddie takes inspiration from nature to create delicious, exciting food with a modern aesthetic”

Eddie is known for his pioneering approach to plant based fine dining, a rapidly growing new field in cuisine.



The aim of the menu we have created is to offer vibrant, creative meat-free dishes, delicious in their own right and a great dining option whether you are vegetarian or not!





Eddie Shepherd

Award Winning Vegetarian Chef



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STARTERS	TOFU TEMPURA WITH SOUR CUCUMBER AND SEAWEED ASH (7-8)		12
	Marinated tofu tempura with a sour cucumber purée and dulce seaweed ash.		
	FETTA, MINT AND "BELUGA" LENTILS (5-7-8-14)		13
Cold starter of fetta, dressed "Beluga" lentils, pomegranate, courgette and mint.			
	OYSTER MUSHROOM TACO WITH STRAWBERRY SALSA (4-7-14)		14
Oyster mushrooms cooked in a smoky chipotle sauce with fresh corn tortillas. Finished with fresh strawberry salsa.			



MAINS	GOAN GREEN CURRY (7-14)		18
	Goan green curry with tofu koftas, asparagus and green beans. Rice served on the side.		
	HALLOUMI, POTATO, DILL (4-8)		17
Battered halloumi, fried potato, lemon-dill sauce, watercress.			
	'SOUTHERN FRIED' CAULIFLOWER WITH PASSION FRUIT CHUTNEY AND SHOESTRING POTATOES (1-7-8)		19
Crispy 'southern fried' cauliflower with tomato and passion fruit chutney, coriander coleslaw and lemon thyme shoestring potatoes.			

DESSERTS	ALMOND MILK SORBET, AND RED FRUIT (12-14)		8
	Fresh almond milk sorbet, red fruit.		
	SPICED PUMPKIN CAKE WITH COCONUT SORBET (14-8)		8
Spiced pumpkin cake served with coconut sorbet and passion fruit purée.			







ЗАКУСКИ	ТОФУ ТЕМПУРА (7-8)		12
	Маринованный тофу в темпуре, пюре из соленого огурца и водоросли dulse.		
	ЗАКУСКА ИЗ ЧЕРНОЙ ЧЕЧЕВИЦЫ "БЕЛУГА" С СЫРОМ ФЕТА И МЯТОЙ (5-7-8-14)		13
Холодная закуска из черной чечевицы "Белуга" с сыром фета, гранатом, цуккини и мятой.			
	ТАКО С ГРИБАМИ И КЛУБНИЧНЫМ СОУСОМ (4-7-14)		14
Свежая кукурузная лепешка с грибами вешенка, приготовленными в соусе чипотле с копченым перцем. Подается с сальсой из свежей клубники.			



ОСНОВНЫЕ БЛЮДА	ГОАНСКИЙ ЗЕЛЕНый КАРРИ (7-14)		18
	Кефта из тофу с зеленым карри по-гоански, спаржа и зеленая фасоль. Рис подается отдельно.		
	ХАЛЛУМИ С УКРОПОМ (4-8)		17
Сыр халлуми, обжаренный в кляре, жареный картофель фри, соус с лимоном и укропом, кресс-сала т.			
	ЖАРЕНАЯ ЦВЕТНАЯ КАПУСТА ПОД СОУСОМ ЧАТНИ (1-7-8)		19
Хрустящая цветная капуста, жаренная в панировке. Подается с чатни из помидоров и маракуйи, салатом коул слоу с кориандром и соломкой из картофеля с лимоном и тимьяном.			

ДЕСЕРТЫ	МИНДАЛЬНЫЙ СОРБЕ С КРАСНЫМИ ЯГОДАМИ (12-14)		8
	Сорбе из свежего миндального молока, красные ягоды.		
	ТЫКВЕННЫЙ ПИРОГ С КОКОСОВЫМ СОРБЕ (14-8)		8
Тыквенный пирог со специями, подается с кокосовым сорбе и пюре из маракуйи.			



ΟΡΕΚΤΙΚΑ	ΤΟΦΟΥ ΤΕΜΠΟΥΡΑ (7-8) Μαρινρισμένο τόφου και τηγανισμένο σε κourκούτι, αγγουράκι πουρέ και φύκια.		12
	ΦΑΚΕΣ "BELUGA" ΜΕ ΦΕΤΤΑ (5-7-8-14) Φακές "Beluga" με τυρί φέττα, ρόδι, κολοκυθάκια και δυόσμο.		13
	ΤΑΚΟΣ ΜΕ ΜΑΝΙΤΑΡΙΑ (4-7-14) Μανιτάρια oyster ψημένα σε καπνιστή σάλτσα chipotle (πιπεριές) σερβιρισμένα σε φρεσκοψημένα τάκος σιταροπούλας, σάλτσα φράουλας.		14

ΚΥΡΙΩΣ	ΠΡΑΣΙΝΟ ΚΑΡΥ ΜΕ ΤΟΦΟΥ (7-14) Κέφτα από τόφου σε πράσινο κάρυ Goan, σπαράγγια, φασολάκι και ρύζι.		18
	ΧΑΛΟΥΜΙ ΜΕ ΑΝΗΘΟ (4-8) Τηγανιτό χαλούμι σε ανάλαφρο κourκούτι, τηγανητή πατάτα, σάλτσα από λεμόνι και άνηθο.		17
	'SOUTHERN FRIED' ΚΟΥΝΟΥΠΙΔΙ (1-7-8) Τραγανό κουνουπίδι τηγανισμένο σε κυλό southern, τσάτνέι από ντομάτα και φρούτα του πάθους σερβιρισμένο με σαλάτα coleslaw, κόλιανδρο και λεμόνι.		19

ΕΠΙΔΩΡΙΑ	ΣΟΡΜΠΕ ΑΜΥΓΔΑΛΟΥ (12-14) Σορμπέ από γάλα αμυγδάλου, φρέσκα μούρα.		8
	ΚΕΙΚ ΚΟΛΟΚΥΘΑΣ, ΣΟΡΜΠΕ ΚΑΡΥΔΑΣ (14-8) Κέικ κολοκύθας σερβιρισμένο με σορμπέ καρύδας και πουρέ από φρούτα του δάσους.		8



ALLERGENS

-  **CELERY**
This includes celery stalks, leaves, seeds and root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
-  **CRUSTACEANS**
Crab, lobster, prawns, and scampi are crustaceans. Shrimp paste often used in Thai and south east Asian curries or salads, is an ingredient to look out for.
-  **FISH**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
-  **MILK**
Milk is a common ingredient in butter, cheese, cream, milk powders and yogurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces. Its often split into casein in curds and BLG in whey.
-  **MUSTARD**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
-  **PEANUTS**
Peanuts are actually a legume and grow underground, which is why its sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
-  **SOYA**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also found in desserts, ice cream, meat products, sauces and vegetarian products.

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- 8  **WHEAT - GLUTEN**
Wheat (such as spelt and Khorasan wheat / Kamut), rye, barley and oats is often found in foods containing flour such as some types of baking powder, batter, bread crumbs, bread, cakes, pasta, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 9  **EGGS**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 10  **LUPIN**
Yes, lupin is a flower, but its also found in flour! Lupin flour seeds can be used in some types of bread, pastries and even pasta.
- 11  **MOLLUSCS**
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 12  **TREE NUTS**
Not to be mistaken with peanuts (which are actually a legume & grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan, (almond paste), nut oils and sauces.
- 13  **SESAME**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tachini. They are sometimes toasted and used in salads.
- 14 **SO₂ SULPHUR DIOXIDE**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.