

NOTTING HILL CLUB



#### **Overnight Bircher Extra Toast** Toasted oats soaked in their own milk with almond Please choose between sourdough or rye yoghurt, chia seeds, vanilla, maple syrup, kefir and choice of topping (GF) **Sides** Choose between Carrot Cake, PB and Cacao, or Spiced Pear and Scrambled 'Egg' Turmeric Tofu and Organic Wilted Baby Leaf Apple. **Spinach** (NF, GF) Packed with protein, iron, antioxidants and deliciousness A great way to start the day with this cholesterol-lowering powerhouse of fibre, antioxidants, manganese, phosphorus and so much more. Not to mention the probiotic benefits of kefir to leave your belly full and happy Smoked Seitan 'Chorizo' Jam (NF)

Açai Bowl

Luscious cacao, cherry and açai 'yoghurt' with lucuma and baobab, dressed with tree fruits and maple pecan and almond granola (GF)

Soy-Braised Chestnut and Shiitake Mushrooms (NF, GF)

This Brazilian 'superfruit' is in good company with a mix of antioxidant-boosting, mood-enhancing goodies

Avo Toast 7 Tasting Trio

Smashed ripened avocado with sumac and mint dressed on fresh sourdough bloomer (NF)

As if you need a reason to eat an avocado: but with more potassium than a banana it'll keep your blood pressure able to face the day

Smoked carrot gravadlax, 'chorizo' jam and scrambled tofu sourdough toasts (NF)

These fun guys have taken a hot bath in soy and rice wine to deliver

an immune-boosting vitamin D injection

A perfect way to start your day if you can't quite make your mind up but know that you want something delicious

A sweet accompaniment made with wheat-based, protein-dense

# Bakery

Selection of freshly baked pastries and cakes available on the counter and please do ask if you would like some fresh

bread or toast to go with your meal

 $NF = Nut Free \mid GF = Gluten Free$ 

Please speak to our staff about the ingredients in your meal,
when making your order. Thank you.





Soup of the Day

Served with sourdough toast. Please ask your server what today's liquid treasure is!

## **Small Plates**

#### **COLD**

Autumn Roast (NF, GF)

Roasted squash, apple, brussel sprouts, cardamon, and tofu "feta"

Kiss My Hass (NF, GF)

Avocado, tomato and chilli with a coriander and lime dressing

Pasta Ford....Let's Eat (NF, GF)

Broad bean, pea, dill and orzo pasta

Weekly Salad Special

### I for £6 | 2 for £11 | 3 for £15

#### HOT

Shepherdless Pie (NF, GF)

A meatless mince with a carrot and sweet potato topping

Spiced Puy Lentil Stew (NF, GF)

Roasted squash is mixed with lentils in a coconut and tahini broth

Winter Ratatoille (NF,GF)

Warming sliced onion, courgette, aubergine, and pepper stew

Weekly Warmer Special

Please ask one of our staff what this week's hot and cold specials are. Enjoy!

Welcome. All ingredients are sourced from the closest farms, as pure and organic as possible and 100 per cent plant-based. Our happy fruits and vegetables are then bathed in reverse osmosis ionised water and cooked with all our love and care. No guilty pleasures here, just wholly innocent ones. Eat as much as you like, knowing that what you eat today is good for you, the planet and every being on it.

We embrace the, 'little bit of this, little bit of that' culture of the Mediterranean and the Middle East. So choose a plate or three for yourself or get a table of delights to share.

