

3oz TUB £2.95 (ONE SCOOP)

COCONUT, PEACH & RASPBERRY (GF) (VE)

MINT CHOC AVOCADO (GF) (VE)

STRAWBERRY & BANANA (GF) (VE)

COOKIES & CREAM (VE)



Inspired by our travels and the ever-evolving world food scene, the Plant & Bean concept was born out of a love for great food, great flavours and the desire to take vegan food to a whole new level.

We stick to what we do well - healthy, fresh, feel good food alongside an innovative drinks list to match. Our food energises the palette and is always wholesome, seriously tasty and full of goodness!

We make everything from scratch, use only plant based ingredients and never cut corners on quality.

Every dish and cocktail contains a story or a little twist, a tiny part of our journey and a lot of added love.

STARTERS

Chick pea, potato and samphire spiced chaat with amchur and almond yogurt (GF).....5.50

Battered salt rubbed cassava fries with pineapple salsa and jerk sauce (GF).....4.95

Cauliflower corn nachos topped with a cacao and black bean tomato salsa, smashed avocado, pickled chillis cheddar and charred corn (GF).....5.95

Harissa & preserved lemon marinated roasted vegetable skewers with an almond tzatiki and mint dressing (GF).....4.75

MAINS

Add P L A N T & B E A N loaded fries or any TWO sides for 4.00 with any main meal

THE GREEN GODDESS BURGER.....8.95
Pea and butter bean patty with spinach, cucumber, onions, gherkins, cheddar and a chilli, parsley and mint mayo dressing in a seeded bun (GF bun available)

THE MIDDLE EASTERN FLATBREAD.....7.75
Spiced roasted aubergine, peppers and mushrooms with ras el hanout chickpeas served on a flatbread with red pepper hummus & pomegranate salad

THE SICILIAN SUB.....7.95
Aubergine, olive and mushroom vegan balls topped with marinara sauce, basil pesto, toasted pine nuts and almond parm cheese in a sub roll

THE SAN DIEGO BURGER.....8.95
Cayenne spiced black bean, quinoa and habenero patty with guacamole, charred chilli sweetcorn, onions and a deep fried jalapeno in a seeded bun (GF bun available)

THE ASIAN HOT VOG.....7.50
Grilled seasoned homemade sausage with kimchi, gochujang sauce and spring onions served with a ginger and miso slaw

GOODNESS BOWLS

Add P L A N T & B E A N loaded fries or any TWO sides for 4.00 with any goodness bowl

THE NORTH AFRICAN BOWL.....7.95
Seasoned roasted vegetables, carrots, olives and spinach on a bed of lemon cous cous, with red pepper hummus, curried chickpeas, flaked almonds and raisins with an almond tzatiki and mint dressing

THE MEDITERRANEAN BOWL.....7.95
Aubergine, olive and mushroom vegan balls, roasted mushrooms, mixed leaves, cherry tomatoes, sun dried tomatoes, olives, almond parm cheese, toasted pine nuts, basil pesto and garlic bread (GF option available)

THE ASIAN BOWL.....7.95
Miso cabbage, radish, ginger, kimchi, cherry tomatoes, spinach, carrots, apples and spring onions on a bed of coconut rice topped with fiery gochujang sauce, pickled chillis, sriracha mayo and sesame seeds (GF)

SIDES

Loaded P L A N T & B E A N skinny fries (GF).....4.25

Skinny or chunky skin on chips (GF).....2.50

Parm cheese and truffle oil skinny chips (GF).....2.95

Spiced corn on the cob with almond parm cheese (GF).....2.75

Miso and ginger slaw (GF).....2.50

Zaatar rubbed flat bread with roasted red pepper hummus.....2.75

House salad (GF).....2.50

Coconut, coriander and lime wholegrain rice (GF).....2.50

SAUCES

1.50 each or TWO for 2.00

Almond tzatiki (GF)
Gochujang sauce (GF)
Lemon aioli (GF)
Beetroot ketchup (GF)
Jerk sauce (GF)
Sriracha mayo (GF)
Parsley, mint and green chilli mayo (GF)

DESSERTS

Raw double chocolate, almond and raspberry cheesecake (GF).....4.95

Homemade ice creams.....2.95
3oz (one scoop)
Choose from:-

Coconut, peach & raspberry (GF) (VE)
Mint choc avocado (GF) (VE)
Strawberry & banana (GF) (VE)
Cookies & cream (VE)

#PLANT&BEANTAKEOVER

THE FISH & THE CHIP

DRINKS MENU

WINE			COCKTAILS			BEERS & CIDERS		
WHITE		BOTTLE / 175ML	RED		BOTTLE / 175ML	HAPPY HOUR 2 FOR £10		
MARQUES DE CALADO MACABEO, SPAIN (VE) £17.00 / £4.50			MARQUES DE CALADO TEMPRANILLO, SPAIN (VE) £17.00 / £4.50			2 for £10 on selected drinks (marked*) Available all day Sunday - Friday & Saturday 12pm - 5pm & 9pm until close (must be the same cocktail served at the same time)		
A bright, youthful wine packed full of ripe lemon, honeyed grapefruit, with a dry and mouth-watering finish.			Ripe dark cherry and soft raspberry are complemented by cinnamon and clove spice in this medium bodied wine.			BELLINIS * choose from passion fruit, mango, peach, strawberry or raspberry		
MALANDRINO PINOT GRIGIO, ITALY (VE) £20.00 / £5.50			TORRE CERERE MONTEPULCIANO D’ABRUZZO, ITALY (VE) £19.50			NUTELLA MARTINI Nutella, baileys and vodka with a hazelnut & nutella rim		
This is a clean and elegant wine with real finesse. Showing balanced flavours of pear, stone fruit and lime.			This is a soft, fruity and approachable red. Notes of red cherry and blackcurrant gives this wine a rustic feel.			PASSIONFRUIT MOJITO * White rum, brown sugar, passionfruit puree, lime, soda water and mint		
OLTRE PASSO FALANGHINA, ITALY (VE) £22.00 / £6.00			AIRES ANDINOS MALBEC, ARGENTINA (VE) £23.00 / £6.25			ORANGE & GINGER MULE * Kings ginger, vodka, mint, fresh ginger, orange & ginger beer top		
Displaying a touch of peach and apricot. Bright and refreshing, with a rounded lemon zest character on the palate.			Black fruits of the forest and mocha notes leap from the glass in this soft and supple expression of Malbec.			KEY LIME PIE White rum, lime, sugar, scorched Italian meringue & lime zest		
AIRES ANDINOS SAUVIGNON BLANC, ARGENTINA (VE) £25.00 / £6.75			CLARO RESERVA PINOT NOIR, CHILE (VE) £26.00 / £7.00			CANDY FLOSS DAIQUIRI * White rum, lime, luxardo and candy floss		
A snappy and dry Sauvignon Blanc where elderflower, lime and grass notes meet striking pink grapefruit flavours.			Smoky red fruit dominates, supported by subtle notes of liquorice and herbs. A delicate, yet complex style of wine.			DEVILS MARGARITA * Ghost chilli infused tequila, fresh lime, agave and a chilli salt rim. Spicy!		
PICPOUL DE PINET PLO, D’ISABELLE, S. FRANCE (VE) £25.00			OLTRE PASSO PRIMITIVO, ITALY (VE) £28.00			ISLAND TING * Muddled ginger, grapefruit segments and agave, golden rum, lime, mango puree, grapefruit juice and soda		
A snappy nose of lemon and lime fruit, with vibrant green apple. A racy wine with a lip-tingling finish.			Flavours of dried prune, date and plump cherry, with swathes of sweet spice. A mouth coating, chocolatey red wine.			APRICOT JAM WHISKEY SOUR Buffalo Trace Bourbon, Apricot jam, lemon juice, aquafaba, angostura bitters & grapefruit		
REUILLY, HENRI BEURDIN, LOIRE, FRANCE (V) £29.00						OLD TOWN IBIZA SPRITZ Vanilla infused aperol, lime, grapefruit, coconut water and prosecco		
Bone-dry citrus and fresh herbal fruit, gooseberry and cut grass on the expressive and fruity palate, and a fresh finish.						PINK GIN DAIQUIRI * Pink gin, strawberries, raspberries, agave, lemon, bitters		
ROSE		BOTTLE / 175ML	SPARKLING		BOTTLE / 125ML	ALL £6.95		
BLUSHMORE ZINFANDEL ROSÉ, USA (VE) £19.00 / £5.00			VEUVE CLICQUOT NV CHAMPAGNE (VE) £55.00			MOCKTAILS		
A fantastic example of an off-dry, easy drinking wine full of summer fruit flavours with a hint of sweetness.			A marriage of freshness and power; with a richness of fruit and mouthfilling mousse that lingers delightfully.			MANGO & GINGER BEER COOLER £3.00		
						Mango, ginger, lime, ginger beer, sugar and mint		
						STRAWBERRY & BLACK PEPPER MULE £3.00		
						Strawberry, lime juice, sugar, soda water and black pepper		
						PASSIONFRUIT VIRGIN MOJITO £3.00		
						Passionfruit, lime, soda water, sugar and mint		
						LONDON ICED TEA £3.50		
						Earl grey, agave, lemon and bitter lemon		
						MUDDLED TING £3.50		
						Fresh ginger, agave, mango, grapefruit & soda		
PINOT GRIGIO ROSÉ LE COLLINE DI SAN GIORGIO, ITALY (VE) £21.00 / £5.75			PROSECCO CORTE ALTA, ITALY (VE) £25.00 / £5.00			HOT DRINKS		
Fresh apricot and peach on the nose; soft floral flavours on the palate and a refreshing,						AMERICANO £2.35		
						ESPRESSO £2.10		
						LATTE £2.60		
						CAPPUCINO £2.60		
						FLAT WHITE £2.50		
						TEA £2.40		
						Earl Grey / English Breakfast / Fresh Mint Tea / Green Tea / Red Berry		
						FREEDOM 4 £2.25 HALF / £4.50 PINT		
						FREEDOM 4 PALE ALE £2.25 HALF / £4.50 PINT		
						PERONI 330ML £3.90		
						GLUTEN FREE PERONI 330ML £3.90		
						MORETTI 330ML £3.90		
						EINSTOK PORTER 330ML £4.20		
						EINSTOK WHITE ALE 330ML £4.20		
						PROPER JOB IPA 500ML £4.90		
						OLD MOUNT MIXED BERRY CIDER 500ML £4.90		
						WYLD WOOD CIDER 500ML £4.90		