



THRIVE

Bruntsfield

small things

soup of the day

Fresh bread.
(gfa) | £4.95

scallops

King oyster shrooms, baba ghanoush, pickled cauliflower.
(gf) | £6.95

courgettes

Ricotta & herb stuffed courgettes, sundried tomatoes, pesto, toasted pine nuts.
(v) (gf) (n) (d) | £6.50

antipasti

Roasted peppers, mixed olives, oils, tapenade, fresh breads.
(gfa) | £6.75

mac & peas

Cashew & cauli cheeze sauce, macaroni, chickpeas, spinach, bbq beets sauce.
(n) | £6.25

wings

Tempura battered cauli florets, hot sauce, crisp salad.
| £6.50

the fine print

every single dish on our menu is homemade. from our fries to our sauces to our burgers, we make everything in house.

If you have any allergens or quesitons about a dish, our Thrive team will be more than happy to help you.

MOST OF OUR MENU IS VEGAN DISHES WITH A (V) ARE VEGGIE

burgers

All served on a soft bun, burger salad, pickles.

all £8.00

add vegan cheddar | £1.50

black bean & quinoa

House salsa.

aloo tikki

Spiced pattie, mint yoghurt dressing

sloppy joe

Shredded jackfruit, bbq beets sauce, red slaw. (gfa)

tofush

Beer battered tofu, pea puree, tartar sauce.

bowls

all £10.00

tofu salad

Peanut & sesame roasted tofu, broccoli, spiced chickpeas.
(gf) (n)

middle east

Falafel, tabbouleh, baba ghanoush, cucumber, mint yoghurt dressing.

quinoa salad

Red beetroot, sweet potatoes, cherry tomatoes, pesto dressing.
(gf) (n)

coconut laksa

Rice noodles, pak choi, sweet potatoes, beansprouts.
(gf) (n)

mac & peas

Cashew & cauli cheeze sauce, macaroni, chickpeas, spinach, bbq beets sauce. (n)

sides

plain fries

| £3.50

posh fries

parmesan & pesto.
(n) | £4.50

thrive fries

vegan cheese, shredded jackfruit, bbq beets sauce.
| £4.50

dirty fries

cheeze sauce, hot sauce, jalapenos.
(n) | £4.50

mixed olives

(gf) | £3.75

mixed salad

(gf) | £3.95

red cabbage slaw

(gf) | £3.95

bread & oils

(gfa) | £3.75

saucers | £1

| mayo (gf) | BBQ beets (gf) | hot sauce (gf) | guacamole (gf) | salsa (gf) | basil pesto (n) | mint yoghurt | baba ghanoush |

gfa - gluten free bread available
gf - gluten free
n - contains nuts
v - vegetarian

sweets

crème brûlée

Coconut creme, caramelised top, mixed berries.
(gf) | £6.75

chocolate brownie

Vanilla ice cream, toffee peanut butter sauce.
(n) | £6.95

thrive sundae

Vanilla ice cream, toasted pecans, chocolate sauce. (gf)
(n) | £6.50

buddha bowl

Blueberry yogurt, mango, melon, toasted nuts, pumpkin seeds, toffee sauce. (gf) (n)
| £6.50

cheesecake

New York baked cheesecake, fresh compote.
(v) (d) | £6.50

selection of vegan ice creams / sorbets

| £6.25