

# Lunch

## SALADS

**burrata & beets** 10 v gf  
with kumquat, shaved fennel and  
smoked tomato oil

**spiced cauliflower** 11 v  
bulgur wheat, pomegranate, raisins,  
minted yoghurt

**grilled tenderstem & feta** 11 v gf  
with piquillo peppers, cherry tomatoes and  
chimichurri

+ chicken / braised lamb 3  
+ grilled halloumi 2

## BOWLS

**soup of the day** 8 v  
with torn sourdough &  
extra virgin olive oil

**nourish bowl** 14 vg  
spiced coconut & butternut squash  
curry, chickpeas, peppers, *peanuts*,  
quinoa and cucumber relish

## PLATES

**avocado toast** 8.5 vg gf  
lemon, coriander, chilli and toasted rye  
+ poached egg 1.5 / + chorizo 3  
+ oak smoked salmon 4

**sweet corn fritters** 9 v  
cherry tomatoes, rocket,  
minted yoghurt

+ streaky bacon 3 / + smashed avocado 3

**seared tuna tataki** 12.5  
avocado, charred pineapple,  
wasabi and sesame

**moroccan lamb flatbread** 11  
pickled red cabbage, hummus,  
pomegranate, mint yoghurt and coriander

OR w/halloumi v

**grass-fed beef burger** 14  
cheddar, beef tomato, dill pickles,  
gem lettuce, tomato relish,  
slaw and fries

## EXTRAS

rosemary fries 3 / cajun sweet potato fries 3 / green salad 3  
slaw 2 / avocado 3 / streaky bacon 3

## SWEET

daily cakes, tray bakes and slices 3  
+ scoop of ice cream or sorbet 1.5  
passion fruit posset, pineapple salsa and coconut ice cream 7

*please let us know if you have any allergies or specific dietary requirements.*

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