



## START

- Multiseed Organic Sourdough, infused butter (V) 4.95  
Guacamole and Chips (V)(G) 6.95

## SMALL

- Aztec Fiesta Nachos (V)(G)** 9.95  
Corn tortilla chips layered with smoky black beans, creamy avocado mousse, zesty pico de gallo, plant-based cheese, and a drizzle of chipotle BBQ sauce 7.95
- Mediterranean Meze (V)(G)(S)** 8.95  
Crispy herb-infused falafel, silky tahini hummus, tangy amba sauce, pickled slaw
- Pan-Asian Gyoza Dumpling (V)(S)** 7.95  
Delicate dumplings filled with aromatic vegetables, seasoned with sesame oil
- Tokyo Street Pancake (V)(S)** 7.95  
Okonomiyaki-inspired kimchi pancake, BBQ sauce and chili
- Venezuelan Golden Fritters (V)(G)**  
Sweet corn cachapas fritters, accompanied by a duo of melted cheeses, crispy fried shallots, and salsa roja dip

## MAIN

- Buddha Nourish bowl (V)(S)(G)** 16.45  
Chana Masala chickpeas, ginger-infused carrots, tangy house-made cabbage pickle, silky turmeric-laced hummus with roasted sweet potatoes and fresh cucumber ribbons.
- Provenzal Ragu Lasagna (V)** 16.45  
Beluga lentils in a rich tomato sauce, herby bechamel
- Ginataang Kalabasa Curry (V)(G)** 16.75  
Phillipines curry with butternut squash, meaty jackfruit, fragrant lemongrass and green beans. Served with aromatic jasmine rice.
- Tex Mex Taco Bowl (V)(G)** 16.75  
Hearty chili bean stew, creamy house-made guacamole, sweet corn kernels and fluffy rice. Garnished with tortilla chips, zesty salsa fresca, salsa dip, and our signature carrot amba sauce.
- Crouch End Chick'n Burger (V)** 15.25  
The Local favourite reimaged. Panko fried chick'n, melted cheddar cheese, salsa fresca, relish sauce, sauerkraut, garlic mayo, lettuce, Served with roasted potatoes and aioli

Swap for roasted Sweet potatoes 2.45

Add crispy plant-based bacon rashers 2.95

Spice it up with our signature Buffalo hot sauce d Buffalo Spicy Sauce 1

## ADD

- Grilled Plantains (V)(G) | 4.95  
Chana Masala (G)(V) | 2.95  
Patatas Bravisimas (V) | 4.95

**V Plant based | G Gluten-less | S Nuts or Seeds.** . Please inform our staff about your allergies and intolerances when ordering. not all ingredients are listed on the menu. The preparation of dishes containing allergens and gluten are done on the same kitchen facilities, and those dishes should be avoided if this level of cross contamination will affect you. An optional 12.5% will be added to the bill for the benefit of the staff.