



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	Cauliflower corn nachos topped with a cacao and black bean tomato salsa, smashed avocado, pickled chillis cheddar and charred corn (GF).....5.95
Battered salt rubbed cassava fries with pineapple salsa and jerk sauce (GF).....4.95	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 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 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 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 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)
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)	

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