

PLANTBASED
**HOLY
 CARROT.**
 LONDON

Holy Carrot Canteen is a vegan Grab & Go concept that celebrates plant-based food with a globally inspired menu that's rich in nutrients and free from preservatives, additives and refined sugar, with most items also being gluten-free where possible.

Breakfast Items

Available 9am to 12pm

- Overnight Bircher Pot £3.75
Oat milk & oats, apple, walnuts, sultanas, pomegranate seeds
- Sugar-free & Plant-based Morning Pastries £4.00
Croissant, Fruit Danish Pastry, Pain au Chocolat

Grab & Go

- “Shushirrito” £8.50
Heart of palm “Crab”, heritage vegetables, spicy mayo
- Caesar Salad £6.95
Romaine lettuce, crispy kale, homemade “parmesan”, holy Caesar sauce
Add teriyaki tofu from the kitchen £2.00
- Miso Caramel Mousse £5.00
Miso cream, almond sponge, caramel

Wraps

Served in gluten-free sourdough flatbread

(Served chilled or griddled, please ask at the counter if you would like griddled)

- Caesar £6.00
Smoked tofu pastrami, tempeh bacon, pea hummus, Romaine lettuce, Caesar sauce
- Katsu £6.00
Panko crusted tofu, crisp lettuce, katsu curry mayo

Kitchen

Cooked and served to order

- Crispy Maki £8.95
Tricolour organic quinoa, heritage vegetables, crispy tempura, spicy mayo
- Sexy Tofu £12.75
Organic glazed tofu, aubergine, red pepper & peanut sauce
- To-Fish & Chips £12.75
Bergamot Tartare sauce, purple potato & artichoke crisps
- “Spicy Wings” £12.75
Crunchy oyster mushrooms, hot buffalo sauce, gem wedge, tempeh bacon, ranch dressing

Holy Burgers

- The Buffalo £13.25
Oyster mushrooms, hot sauce, ranch dressing, tempeh bacon
- BBQ Mushroom £12.50
Tomato, Caesar sauce, watercress, BBQ sauce, brioche bun

Sides

- Skin on Fries £4.75
Choice of sauce
Truffle mayo, spicy mayo, BBQ sauce, tomato ketchup
Extra sauces charged at £1

PLANTS, PLANTS,
 PLANTS, PLANTS
 AND PLANTS!!!

DRINKS MENU

Pressed Juices £5.00

- Carrot
- Apple
- Orange
- Carrot, Apple & Ginger
- Lettuce, Spinach, Cucumber, Apple & Celery

Soft Drinks

- Belu Still/Sparkling Water £3.00
- Karma Classic Cola £3.50
- Karma Classic Cola Sugar-Free £3.50
- Hip Pop Kombucha Blueberry & Ginger £4.50
- Hip Pop Kombucha Apple & Elderflower £4.50
- Hip Pop Kombucha Strawberry & Pineapple £4.50

Coffee

- Americano £3.85
- Latte £3.85
- Cappuccino £3.85
- Espresso £2.75
- Double Espresso £3.30
- Macchiato £3.00
- Double Macchiato £3.55
- Mocha & Hot Chocolate £3.85

Choice of plant-based milk:

Oat, Coconut, Almond, Soya

Tea £3.85

- English Breakfast
- Earl Grey
- Chamomile
- Peppermint
- Lemongrass & Ginger
- Blackcurrant & Hibiscus
- Green Tea