



## WARM BOWLS

### **CHICK-PLEASE (VE) 10.95 / EVEN BETTER WITH FETA (V) 1.10**

Plant-based and big on flavour. Warm dukkah chickpeas on a bed of brown rice with organic greens, sumac & rosemary-roasted cauliflower, blackened red peppers, pickled red cabbage, topped with house-made creamy hummus & herby zhoug & a sprinkle of spiced pumpkin seeds

### **MIDDLE EASTERN CHICKEN 11.95 / EVEN BETTER WITH ZHOUG 1.25**

A hug in a warm bowl. Spicy harissa chicken over fragrant brown rice, organic mustard greens from the Sprout Farm with sumac & rosemary roasted cauliflower, blackened red peppers, pickled red cabbage and creamy house-made hummus served with a sprinkle of spiced pumpkin seeds

### **SATAYFIED BOWLS WITH CHICKEN / OR WITH TOFU (VE) 12.50**

On our menu since day one. Choose herb-roasted roasted chicken or make it plant based with spicy marinated tofu served on fragrant brown rice with warm peanut satay sauce & spicy sesame peanuts and a side salad of organic spinach, pickled cucumbers, spring onion & ginger sesame dressing

## WARM WRAPS

### **MIDDLE EASTERN 9.95 / EVEN BETTER WITH FETA 1.10**

Choose spiced chicken or dukkah beans, fragrant brown rice, pickled onion, charred red peppers, creamy hummus, herby zhoug, & organic cos lettuce from the Sprout Farm

### **CHICKEN TACO 9.95 / EVEN BETTER WITH GUACAMOLE 2.50**

Spiced roasted chicken thighs, fragrant brown rice, tortillas, blackened red peppers, pickled red onions, creamy feta, lime & jalapeño vinaigrette & organic cos lettuce from the Sprout Farm

### **PAPRIKA CHICA 9.95 / EVEN BETTER WITH FETA 1.10**

Spiced chicken, fragrant brown rice, spicy sweet potatoes, spring onion, red chilli, our famous paprika yoghurt, French dressing & organic cos lettuce from the Sprout Farm

### **BASIL CAESAR 9.95**

Rosemary & oregano-roasted chicken, bacon, garlic sourdough croutons, semi-dried tomatoes, Caesar dressing, a generous grating of Parmigiano Reggiano and organic cos lettuce from the Sprout Farm

## LOCAL, SEASONAL & FLAVOURFUL

### **BOMBAY PARTY BOWL 12.95**

It's a party salad! A salad with roasted chicken, chaat potatoes, cucumber & radish, chickpea & okra and rocket with a sweet mint & ginger dressing topped with pickled chillies, tangy tamarind yoghurt and crispy spiced shallots.

### **KALE CAESAR 11.95**

Our take on a classic. Roasted chicken, crispy bacon, garlic croutons, slow-roasted tomatoes & basil caesar dressing with organic cos lettuce & kale from the Sprout Farm, topped with a generous grating of Parmigiano Reggiano

### **SUPER GUACABOWLE (V) 11.50 / EVEN BETTER WITH HUMMUS 1.50**

A superfood salad that's not super boring. Bursting with seasonal organic greens, quinoa, roasted squash, green apple, pomegranate, feta, fresh red cabbage & carrot tossed in our French dressing & topped with freshly smashed avocado & toasted seeds

### **PAPRIKA CHICA 11.50 / EVEN BETTER WITH FETA 1.10**

A family recipe turned best-selling dish. Rosemary & oregano-roasted chicken, spicy sweet potato, fragrant brown rice, spring onion, fresh red chilli and organic Sprout Farm spinach brought together with French dressing and our famous paprika yoghurt on top

### **CHICKEN TACO 11.95 / EVEN BETTER WITH GUACAMOLE 2.50**

A salad inspired by Mexican flavours. Spiced roasted chicken thighs, blackened red peppers, corn tortilla chips, pickled red onions, creamy feta with organic cos lettuce and mustard greens from our farm dressed in a lime jalapeno vinaigrette

## SIDES

### **CHAAT POTATOES (V) 4.95**

Spiced & roasted potatoes topped with pickled chillies, crispy shallots & tamarind yoghurt

### **CHIPS & GUAC (VE) 4.95**

Corn tortilla chips with freshly smashed guacamole

### **SEASONAL SOUP (VE) BOWL 5.50 / CUP 3.00**

### **SOURDOUGH BREAD (VE) 1.00**

## SEASONAL 2022

## SALADS

## KIDS

### **KIDS' SATAY CHICKEN 5.95**

Our kid-friendly satay chicken with brown rice, roasted butternut squash & fresh shredded carrot

### **KIDS' PAPRIKA CHICA 5.95**

Roasted chicken, brown rice, spinach & red peppers topped with a spoonful of our famous paprika yoghurt





KITCHEN

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V - Vegetarian / VE - Vegan / Ask our team about allergens

SCAN FOR SEASONAL RECIPES

