



VEGAN LOUNGE

DAYTIME MENU

(last orders for hot food at 4:30pm)

Welcome to Be The Change!

In our little corner of Worcester, we're trying to "be the change" we want to see in the world.

As such, this lounge is a place where you can sit comfortably, be yourself & enjoy fantastic food & drink, safe in the knowledge that there has been as little harm as possible involved in bringing you this enjoyable experience.

To that end, we ensure none of our ingredients involve animals in any way (i.e. all our food & drink is vegan). In addition, we are constantly looking at other improvements we can make, whether it's how we source & use our energy, furniture & equipment, how much & what type of waste we are producing, how we can be more inclusive of our local community & much more.

Tell us what you think!

We're desperate to make Be The Change the kind of place you want to visit again & again. But we can't do that without your feedback. Tell your server, send us an e-mail, write us a letter, hit us up with a Facebook message, record a piece of performance poetry- whatever you like- but let us know what you've enjoyed about your visit & what we could do better.

Enjoy!

Anthony, Zoe & the Be The Change family x

Allergen & Ingredient Info

Everything on our menu is plant-based, meaning that none of the ingredients are derived from animals in any way; as such, as far as common allergens are concerned, everything is free from dairy, eggs & fish.

Please note that we NEVER charge extra for food that simply accommodates someone's dietary requirements

Our kitchen is small & as such, whilst we do our very best to avoid it, there remains the small possibility of cross-contamination of ingredients. Please feel free to discuss any element of the food & drink we offer in relation to your requirements- we're really proud of what we're offering you & want to make sure you're 100% happy with what you've ordered.

Menu Key

GF= gluten-free

GFO= can be made gluten-free; just ask

S= contains soy

SFO= can be made soy-free; just ask

N= contains nuts

Se= contains sesame

M= contains mustard

C= contains celery

SuF= refined-sugar-free

OF= refined-oil-free

OFO= can be made without refined-oil; just ask

Breakfast

Available until early afternoon

Cooked items made to order on weekdays

***Toast & spread**

£1.00

Nice and simple

Delicious locally-made bread from 'Ma Baker', served with spread & jam. Choose between white & granary bread.

(GFO) (SFO)

***The Posh Porridge**

£3.50

Surely the best way to start the day?

Made with your choice of plant milk (check the pin-board to see what we have in today) & topped with any 3 of the following:

Agave syrup, frozen berries, sultanas, goji berries, pumpkin seeds, cashews, almonds, walnuts, chia seeds, peanut butter, cashew butter, desiccated coconut, banana.

Add more toppings for 50p each

(GFO) (SFO) (OF)

***Sausage Bap**

£4.00

A chunky bad-boy to get your teeth into!

A posh locally-made 'Ma Baker' bap, filled with our homemade sausages and oven-roasted tomatoes.

Swap the homemade sausages for Tofurky

Sausages for £1.50 extra.

(GFO) (S)

MORE BREAKFAST CHOICES ON THE NEXT PAGE...

Breakfast (continued)

***The Be The Change Cooked Breakfast**

£8.00

Tired of 'Linda' sausages & boring beans? Zoe takes cooked breakfasts to the MAX...

Our signature homemade sausage, oven-roasted tomatoes, seasoned mushroom, homemade baked beans & homemade potato rosti, served with either scrambled tofu or smashed avocado on 'Ma Baker' toast.

Swap the homemade sausage for a Tofurky Sausage for £1 extra.

(GFO) (SFO)

***Mushrooms on Toast**

£4.00

You can't argue with the Chef's fave breakfast!

Seasoned Mushrooms on 2 slices of posh locally-made toasted bread (white or granary). Just ask if you'd like this to be made garlicky!

(GFO) (SFO) (SuF)

***Scrambled Tofu on Toast**

£5.50

A vegan classic, done with extra pizzaz...

Scrambled Tofu mixed with onion, red pepper & spinach, seasoned with black salt (to give it that 'eggy' taste) and nutritional yeast (for a 'cheesy tang') served on 2 slices of posh 'Ma Baker' toast (white or granary).

(GFO) (S) (SuF) (OF)

***Smashed Avocado on Toast**

£5.50

And now for Anthony's favourite breakfast...

A beautiful blend of both smashed & sliced avocado, seasoned with a dash of lime, a sprinkling of sumac & a hint of chilli, served on two slices of posh 'Ma Baker' toast or rye bread. Ask to be de-chilli-ed if you'd prefer!

(GFO) (SuF)

***Waffle Mayhem!**

£4.00

Breakfast for the sweet-toothed...that's dangerously close to being good for you!

A chunky buckwheat waffle topped with syrup & plant-based butter.

Swap to one of the following delicious toppings combos for £1.50 extra:

*Berry Compote & Oatly Creme Fraiche

*Chocolate Sauce & Toasted Nuts (gf)

(GFO) (N) (SuF)

***Smoothie Bowl**

£4.00

Great for the insides (& 'Insta' story)...

Choose one of our smoothies from the chalkboard & we'll make a thicker version for you to sup from a bowl; already the subject of high acclaim! Topped with 3 of the following: *Sultanas, goji berries, pumpkin seeds, cashews, almonds, walnuts, ground flaxseed, chia seeds, peanut butter, cashew butter, desiccated coconut, banana.*

(GFO) (OF) (SuF)

Lunch

Available from 11am until mid-afternoon

***Fresh Salads of the Day**

£2.50 per salad or 3 for £6.00

HIGHLY RECOMMENDED! Check out today's fresh & healthful offerings in the display counter.
(Allergens also detailed in counter)

***Seasonal Vegetable Frittata**

£5.00

Egg-free frittata? Whaaaaa?!

One of our favourite creations; made with a chickpea flour base & filled with seasonal vegetables, alongside a side salad of your choice.
(GF) (S)

***Toasties & Paninis**

£2.50/£3.00

The simple but delicious lunchtime classics...
A toastie (white or wholemeal bread) or Panini (both made by our friends at 'Ma Baker'), filled to the brim with gooey Bute Island mozzarella.

Add Pesto (£0.50), Salami (£1) and/or one of today's fresh side salads (£1.50)

(GFO) (NFO) (SFO) (Salami contains C+M) (SuF)

***Soup of the Day**

£3.50

Warm your cockles with something hearty
A bowl of homemade soup served with either a posh 'Ma Baker' bap or 2 slices of their yummy bread (white or granary). Topped with toasted seeds.

(Ask your server for allergen details)

Sharing Trays

Available from 11am. Cooked to order

Sometimes you want your own dish that's just for you; often though, sharing is the way forward...

The following trays would suit:

*an extremely hungry individual

*two people sharing a main meal

*3-5 people wanting a small bite to eat

If you want a bit more guidance on how much food comes with each platter, just ask...

Platters

***Loaded Nachos**

£12.00

Lightly-salted tortilla chips topped with our homemade smoky bean chilli, signature cheese sauce, jalapenos, some more plant-based cheese & served with a side of guacamole & sour cream for a-dipping!

(GFO) (S) (SuF)

'Make it meaty' with our homemade marinated seitan chunks for an extra £2.00 (C) (M)

*** Dirty Wedges**

£12.00

Lightly-spiced potato wedges topped with homemade seitan nuggets, our homemade signature cheese sauce, lettuce, tomato, spring onion, gherkins, some more plant-based cheese & sprinkled with sesame seeds.

(GFO) (S) (SuF)

Sharing Trays (continued)

Pizza Superstars

Ever-so slightly bigger than the sharing platters, these are giant pizzas with a difference; star-shaped things of beauty, stuffed with a range of ingredients that will leave the tastebuds tingling and the stomach well & truly full...

***Indecision**

£16.00

Taylor & Chandu's Mezze-inspired delight, for people who just can't decide!

A blend of white & wholewheat dough with crusts wrapped in roasted aubergine & courgette, stuffed with passata and black olives & pockets brimming with roasted peppers, artichoke hearts & sundried tomatoes. Served with a trio of hummus, this Superstar is based upon a 'Bosh' recipe & is always a crowd-pleaser.

***The Challenger**

£18.00

A meat-less feast that has been known to defeat many who have battled it!

Unashamedly refined white dough with crusts wrapped up in 'Bacon', stuffed with passata and 'Mozzarella', with pockets brimming full of 'Chicken', 'Beef' & 'Salami'. Served with garlic mayo, BBQ sauce and ketchup for dipping, this Superstar is as close as you can get to vegan cholesterol.

(S)

We really hope you've had a lovely
experience with us.

Please tell us about it. Right now if
you're feeling brave!

If you'd rather wait until you're in the
comfort of your own home, do so via:

Email: **bethechangefoods@gmail.com**

FB or Insta: **[@bethechangefoods](https://www.facebook.com/bethechangefoods)**

Thanks

Anthony, Zoe & the Be The Change family

x

Tips/Gratuities

We really appreciate the sentiment of
anyone wishing to pay us a 'bit extra'
for our services. However we never expect
it & would be equally grateful of you
recommending us to others, leaving a
review or simply coming back more
frequently. If tipping is your thing
though, there's a jar on the bureau.