



VEGAN LOUNGE

EVENING MENU

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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

Sharing Trays

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

The following trays might suit:

- *an extremely hungry individual's main dish
- *two people sharing a main meal
- *a starter for three or more people

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 (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)

Pizza Superstars

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

***Indecision**

£16.00

Taylor & Chandu's Mezze-inspired delight, for people who just can't make up their minds!

A blend of white & wholewheat pizza dough with crusts wrapped in roasted aubergine & courgettes, stuffed with passata and black olives & pockets brimming with roasted peppers, artichoke hearts & sundried tomatoes. Served with a trio of hummus dips, 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 'Mozzerella', 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)

Starters

***Soup of the Day**

£3.50

Warm your cockles with something hearty

Homemade soup served with a slice of 'Ma Baker' bread (White or Granary), topped with a swirl of cream & toasted seeds.

(Ask your server for allergen details)

***Dr Greger's Triple Hummus**

£5.00

Decadent, full of flavour & genuinely recommended by a Doctor!

The classic chickpea-based dip, done in 3 deliciously different ways: Traditional / Smoked Red Pepper / Pea & Mint. Served with a selection of fresh vegetable crudites to give you something to dip with!

(GF) (S) (Se) (OF) (SuF)

***Fresh Salads of the Day**

£5.00

Choose 2 of today's fresh offerings. We're passionate about fresh & healthy plant-based food; these dishes are us showcasing the very best of plant power!

(See the display counter for allergen details)

***Cheesy Garlic Dough Balls**

£5.00

Get gooey right from the get-go!

Wholewheat dough balls stuffed with Bute Island mozzarella, coated in garlic butter and served with some balsamic vinegar to dip.

(S)

***Baked cashew-bert**

£5.00

Not all vegan cheese is made equal; this BOSH-inspired beauty is proof...

A baked camembert-stye cashew nut cheese served with celery, apple, pear, tenderstem broccoli and toasted walnuts to dip with.

Note- this is slow-baked & so there could be up to a 20 minute wait for this starter. It's worth it though!

(GF) (N) (SuF) (OFO)

Mains

***Chef's Wholefood Plate of the Day**

£12.00

HIGHLY RECOMMENDED!!!!!!

An ever-changing hearty & healthy plate of wholefoods, made freshly to order & showcasing an array of different tastes, textures & seasonings. See the chalkboard for tonight's offering (& allergens)

***Giant Burrito Samosa**

£12.00

Another BOSH-inspired thing of fusion genius
Giant tortilla wrap samosa, filled with our homemade smoky bean chilli, brown rice & mozzarella, served with spiralised sweet potato, homemade 'guac' & Tofutti sour cream.
(GFO) (S)

***Smoky Tofu Carbonara**

£10.00

Classic, creamy, comfort food
Linguine pasta, coated in a creamy carbonara sauce, full of leeks, peas & seasoned tofu. Served with our own garlic bread, your choice of salad & topped with prosciutto cheese.
(GFO) (S)

***Bun Doggy Bun**

£8.00

Would you eat your (hot)dog? Or your bun(ny?)
Our homemade seitan-based hot dog topped with caramelised onions & garlic, ketchup and/or mustard. Served in a 'Ma Baker' hot dog bun, alongside spiralised sweet potato & a salad of your choice (check the counter for today's offerings)
(GFO) (SFO)

The Burgers

All our burgers are served with a range of toppings in a lightly toasted 'Ma Baker' bun and accompanied by spiralised sweet potato and a fresh daily salad of your choice. So, it's time to make some decisions...

1. Patty

- * **The Big McNamara:** A tender & juicy homemade beef-style thing of beauty (N) (S)
- * **The Quarter pounder:** A classic soya-based beef-style burger that is THICK! (S) (SuF)
- * **The Emma & Glynn Burger:** Our homemade chicken-style patty, with hints of lemon & thyme (S) (SuF)
- * **The Dirty One:** A classic breaded-chicken-style burger leaving you wondering why people ever bother with the 'real thing' (S) (SuF)
- * **The Wholefoods Jerk:** Tangy, spicy, homemade wholefoods patty & gluten-free too! (SuF) (OF) (GF)
- * **The Spencer-saurus Rex:** Quinoa-coated patty filled with kale & other veggies; this is a burger that packs a nutritious punch (S) (SuF)

2. Bun (all SuF)

- * Brioche, Charcoal or Gluten-free

3. Toppings (as many as you want!)

- * lettuce, tomato, gherkins, relish, mayo, 'Cheese' slice (+75p), 'Bacon' rasher (+£1)

4. Fresh Salad

- * Take a look inside the counter to see what offerings we have for you today. Your first one is included in the price; each extra is £1.50

Extras

***Be The Change Spiralised Sweet Potato**

£2.00

So many of you love this that we have to offer it as a side for dishes that come without it! Spiralised & beautifully-seasoned sweet potato, baked oil-free to give you that nommy potato-ness, without the heartburn! (GF) (OF) (SuF)

***"I just want chips!"**

£3.00 *(or just £1.00 if substituted in a dish that normally comes with sweet potato spirals)*

We get that some of you may just want some good old stodgy sweet 'tata chips!
(GF) (OF)

***Garlic Bread**

£2.00

'Ma Baker' ciabatta topped with garlic butter.
(GFO) (S) (SuF) (OFO)

***Wholefoods Dishes of the Day**

£2.00

Check the specials board to see today's fresh, wholesome offerings *(as well as allergen details)*

***Salads of the Day**

£2.00

Check the counter for today's specials
(& allergen details)

Sauces & Condiments

£0.20 per ramekin

(just ask- we'll not be offended!)

- * Ketchup
- * Mustard
- * Mayo
- * Brown sauce
- * BBQ sauce
- * Relish
- * Chilli sauce
- * Worcestershire Sauce
- * Balsamic vinegar
- * Nooch (ask if you're not sure what this is- it will change your life!)
- * Chilli flakes *

(Salt and pepper shakers also available at no extra charge)

Dessert

***Warm cookie/s & ice cream**

1 cookie for £3.50; 2 for £5

We're famous for our cookies; it'd be rude to leave without trying them...

Cookie/s of your choice, warmed to make them lovely & gooey and served with two scoops of ice cream (chocolate, vanilla and/or banana to choose from) & a drizzle of sauce.

(GFO) (S) (Check the cookie display for details of individual cookie's allergens)

***Crème Brulee**

£3.50

Why should you miss out on the posh puddings, just because you're eating plant-based?

A delightfully smooth set vanilla crème, with a grilled sugar cracked top.

(GF) (S) (OF)

***Cheesecake of the day**

£5.00

Of all the cakes, it is the cheesecake that owns pudding time...

Today's cheesecake (see chalkboard) served with a scoop of ice cream (chocolate, vanilla and/or banana to choose from).

(SuF) (OF)

(Ask your server for other allergen details)

***Fruit Samosa**

£6.00

Frankly, our favourite pudding on the list...
This Bosh-inspired fusion pudding will leave you wondering why this hasn't been a 'thing' before now! Choose from: Rhubarb & Ginger; Apple, Sultana & Cinnamon; Banana & Date. Served with a scoop of ice cream (chocolate, vanilla or banana to choose from).
(N) (S)

***Ooh Matron...Cookie Shakes**

£7.00

Dial 9...9...then begin!
Our indulgent & naughty signature milkshake, given their flavour by blended with our famous cookies, topped with more cookies, squirty cream & a heap (literally) of more sweet treats.
Check the cookie display to see which cookies are available to made into shakes tonight.
(S) (GFO)

***Cookie Tasting Platter**

£10.00

But I want to try ALL the cookies...
Ten of our famous cookies, made in miniature so you can sample a bigger range of flavours. Served with a mini bowl of plant milk for dipping! The things we do to satisfy your appetite...!
(S) (GFO)

Drinks

Homemade Smoothies

£3.50

These are flipping brilliant & ice cold! Our blend; your choice of plant milk

*** Alana goes Bananas**

Bananas, dates, cinnamon, flaxseeds + your choice of plant milk

*** Dale loves Kale**

Kale, spinach, apple, peanut butter, lemon, flaxseeds + your choice of plant milk

*** Terry vs Berry**

Blackberries, raspberries, strawberries, blackcurrants, banana, flaxseeds + your choice of plant milk

Other Cold Drinks

(Tap water available throughout your meal; just help yourself from the big ol' jar on the bureau)

Whole Earth flavoured sparkling water (330ml)

£1.50

* Cola * Lemonade * Ginger * Elderflower
* Cranberry * Apple * Orange & Lemon

Karma Cola (sugar free) (250ml)

£1.50

Frobisher Juices (250ml)

£2.00

* Orange * Apple

Hot Drinks

(Made with your choice of plant milk; see the pin board for the milks we have in today. If you're new to plant milk, we're here to help you choose the best milk to suit your chosen drink & taste preferences)

Coffee

(Just say if you prefer decaf- available at no extra cost)

* Espresso	£1.60
* Americano	£1.80
* Latte	£2.00
* Cappuccino	£2.00
* Flat White	£2.10
* Mocha	£2.50
* Extra shot	£0.30
* Syrup	£0.50

Tea

£2.00 for a refillable mug/pot

We're proud to have all of our tea supplied by the brilliant Born Wild Tea company. Today's selection is available for you to peruse & sniff on top of the bureau. As 'tea people' ourselves, we try to keep the biggest range in stock as possible including black teas, green teas, rooiboses (what's the plural of rooibos?) & herbal blends.

Hot Chocolate

£2.50 for a standard

£3.00 when topped with squirty cream & sprinkles

SPECIALITY LATTES

£3.50

Anthony's favourite section of the entire menu! Push the boat out with one of these beauties...

*** Matcha Latte**

Fine grade matcha green tea powder, whisked into steamed milk to give a caffeine-loaded hit!

*** Turmeric Latte**

An invigorating blend of turmeric, ginger & black pepper that's insanely good for you & looks pretty awesome too. Ask if you'd like the secret ingredient adding!

*** Beetroot Latte**

A pink thing of beauty, packed full of goodness. Can be made to taste as beetroot-y as you'd like...or not!

*** Chai Latte**

A classic that we couldn't very well not offer. Made using Born Wild Tea's Masala Chai blend.

*** Chaa-teau Latte**

A spiced drink containing a secret Indian blend of herbs & spices passed onto us by Jodh, Jazz & Ravi. Infused & warmed on the stove.

'BRING YOUR OWN'

If you'd like to bring your own drinks to enjoy with us then you're more than welcome. We don't insist upon a 'corkage' charge,

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**

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.