



VEGAN LOUNGE

DAYTIME 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, Zoë & 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

All Day Breakfast

(All made to order; let us know if you're in a rush!)

***The Be The Change Cooked Breakfast**

£8-00

Tired of 'Linda' sausages & boring beans?

Zoë takes cooked breakfasts to the MAX...

Tuck into a homemade sausage (seitan or black-eye bean), oven-roasted tomatoes, a giant mushroom, homemade baked beans, 2 classic hash browns & a slice of 'Ma Baker' toast (white or granary). Boom!

Add either scrambled tofu, smashed avocado &/or vegan 'bacon' for an extra £1-50

(GFO) (SFO)

***Scrambled Tofu on Toast**

£6-00

A vegan classic, done with extra pizaz...

Scrambled Tofu cooked 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 'Ma Baker' toast (white or granary).

(GFO) (S) (SuF) (OFO)

***Smashed Avocado on Toast**

£6-50

Anthony's favourite breakfast...

A beautiful blend of both smashed & sliced avocado, seasoned with a dash of lime, a sprinkling of sumac & served on either white, granary or rye bread, with eye-catching presentation! Ask for chilli flakes to bring an extra kick to your day!

(GFO) (SuF)

***Sausage Bap**

£4-80

A chunky bad-boy to get your teeth into!

A posh locally-made 'Ma Baker' bap (choose between buttery brioche or a light activated-charcoal bun), filled with a homemade sausage, (seitan or black-eye bean), a slither of sunflower spread & some oven-roasted tomatoes. Phwoar!

(GFO) (S)

***Mushrooms on Toast**

£4-80

Can't argue with the Chef's fave breakfast!

Seasoned Mushrooms on 2 slices of toast (white or granary). Just ask if you'd like this to be made garlicky; it's how Zoë likes it!

(GFO) (SFO) (SuF)

***Waffle Mayhem!**

£5-00

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

A chunky buckwheat waffle topped with syrup.

(N) (SuF) (GF)

Add in one of the following delicious toppings combos for £1-50 extra:

*Berry Compote & Oatly Crème Fraiche

*Chocolate Sauce & Nuts (GF) (N)

*Ice Cream/Squirty Cream, Sauce & Sprinkles (SFO) (GF)

*Peanut Butter, Banana & Choc Sauce (N)

***Smoothie Bowl**

£5-00

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

A thick smoothie, served in a bowl for supping, topped with your choice of healthy stuff! Here are your smoothie choices:

* Alana Goes Bananas: Banana, Date, Cinnamon.

* Dale loves Kale: Kale, Spinach, Apple, Lemon, Peanut Butter.

* Terry vs Berry: Strawberries, Raspberries, Blackberries & Banana.

Toppings: Agave syrup, date syrup, frozen berries, sultanas, goji berries, pumpkin seeds, cashews, flaked almonds, walnuts, ground flaxseed, chia seeds, peanut butter, cashew butter, desiccated coconut, banana.

Your first 3 toppings are included in the price. Add more for £0-60 each.

(GF) (OF) (SuF)

***The Posh Porridge**

£4-00

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 3 of the toppings listed above.

(GFO) (SFO) (OF)

***Toast & spreads**

Toasted bread. Tell us what you like it with.

£1-25 (GFO) (SFO)

***'Keep it Simple' Porridge**

Oats + Water = a sturdy affordable breakfast.

£1-00 (GFO) (SuF) (OF)

Lunch

Available from 11am. Made to order.

***Fresh Salads of the Day**

£3-00 per salad or 3 for £7-00.

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

***Bagels!** (ask for GFO) £6-00

Freshly made-to-order bagels, served with a generous portion of salad (see the counter)

Fill up with...

- * *smoked tofu, avocado, lettuce & tomato (S)*
- * *'Red Leicester', pickle, spinach & tomato*
- * *'salami', 'cream cheese' & spinach (C) (M)*
- * *'ham', 'chicken', lettuce, tomato & mayo (S)*

ASK IF YOU'D LIKE YOUR BAGEL TOASTED!

***Paninis** (GFO) £3-50

Those clever clogs at 'Ma Baker' make us paninis too! Enjoy these filled with the gooey Bute Island mozzarella and possibly also some...

- * *red/green pesto (N) (S), spinach, tomato, onion, marmite (+£0-60 each)*
- * *'salami' (C,M), 'smoked ham' (S), 'chicken' (S), 'bacon' (S) slices (+£1-20 each)*
(add a side of our daily salads for £1-80)

***Toastie** (GFO) £3-00

A classic toastie, made with that posh 'Ma Baker' bread (white/granary), filled to the brim with gooey Bute Island mozzarella and any of the fillings listed above (in the panini section!)

(add a side of our daily salads for £1-80)

***Soup of the Day**

£4-00

A bowl of homemade soup served with either a posh 'Ma Baker' bap (brioche or charcoal), or 2 slices of their yummy bread (white/granary)

(Ask your server for allergen details)

***Be The Change Burgers!**

£7-00

Get your decision hat on! Lots to choose from! *

The Big McNamara (N): tender, juicy, homemade 'beef' style, made with that wonderful seitan!

*** The Quarter Pounder:** soya-based, chunky 'beef' style.

*** The Emma & Glynn:** homemade seitan-based, lemon & thyme infused tender 'chicken' style

*** The D*rty One** (GF): Breaded 'chicken' style. Not a feather in sight.

*** The Wholefoods Jerk** (GF): tangy, homemade & with a gentle 'kick'. A crumbly patty.

*** The Spencer-saurus Rex:** A soft, quinoa-coated kale & veggie patty.

Your burger can come in a buttery brioche or light charcoal bun (ask for GF) & can be topped with any of the following: lettuce, tomato, gherkin, relish, mayo (all free); cheese slice (+£0-90); bacon rasher (S) (+£1-20).

Add potato chips/sweet potato chips/potato wedges on the side for £2-50

Add a generous portion of one of today's fresh salads on the side for just £1-80

Sharing Trays

Available from 11am. Cooked to order

Sometimes you want your own dish; often though, sharing is the way forward...

The following trays might 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 'sharer', just ask...

***Loaded Nachos**

£14-00

Lightly-salted tortilla chips topped with our homemade smoky bean chilli, a combo of our own signature cheese sauce & some gooey melty Bute Island mozzarella, all served with a side of smashed avocado, jalapenos & sour cream for dipping!

(GFO) (S) (SuF)

'Make it meaty' with our homemade seitan chunks for an extra £2.00

*** Dirty Wedges**

£14-00

Lightly-spiced potato wedges, topped with homemade seitan chunks, our homemade signature cheese sauce, lettuce, tomato, spring onion, gherkins, some of that gooey Bute Island mozzarella & sprinkled with sesame seeds. Oven-baked; expect a 25 minute wait, followed by a taste explosion & a full belly!

(GFO) (S) (SuF)

Ooh Matron...It's those BTC Cookie Shakes!

*The naughtiest item on the menu by far.
Dial 9, 9, ... and then begin!*

WARNING- THIS IS NO ORDINARY MILKSHAKE

Already a cult classic, these shakes are based around the legendary cookies we make here at *Be The Change*; one is blended in with the milk, ice & ice cream; another is crumbled around the side with other sweets & treats; the last tops the shake, along with the squirty cream & lashings of sauce.

Are you ready for this?

If so, check out which cookies we've got in stock today. Remember, you choose 3 cookies for your shake; we suggest getting either 3 very similar ones, or 3 exactly the same.

£8-00

JUST WANT A REGULAR MILKSHAKE?

If you're just after a regular milkshake, just ask your server & we'll take you through today's flavours. We'll always have vanilla, chocolate, banana or Peanut Butter, but may have more!

£3-00

Add squirty cream & sauce

+£0-60

Specials

Every day at *Be The Change* we have a whole range of specials for you to choose from.

We do this to keep things fresh and interesting for you as customers, as well as giving us the chance to try out new things.

Check out the chalkboards or ask your server what specials are on offer today.

To hear the latest on each day's specials when you're not in the café, stay in touch with us on social media, by following our Facebook and Instagram accounts- @bethechangefoods.

We will also happily listen to any requests for specials; just give us as much advance notice as you can and we'll see what we can do!

Children's menu

Available at any time

Whilst everything on our menu is suitable for children, we recognise that sometimes it's nice to have something a bit smaller for the littler people in our life...

***Build a Breakfast**

Scrummy cooked breakfast, made just with the bits you love!

- * Toast (White, Granary, GFO): £0-60 per slice
- * Roasted Tomatoes: £0-60
- * Home-baked Beans: £0-60
- * Homemade Sausage: £1-80
- * Hashbrowns: £0-40 each
- * Tofu Scramble: £1-80
- * Smashed Avocado: £1-80
- * Giant Mushroom: £1-00

***Smoothie Bowl**

Just like the smoothie bowl described in the breakfast section, but a smaller portion

£3-00

*** Salads of the day**

HIGHLY RECOMMENDED! Check out today's fresh & healthful offerings in the display counter. A smaller portion for £1-50 or 3 for £4-00

*** Cheese on Toast**

Goey Bute Island Mozzarella melted under the grill on top of white/granary toast £2-00

***Pitta Pizza**

White or wholemeal pitta, topped with tomato passata & Bute Island Mozzarella. Add salami (+£1-00) if you're feeling adventurous!

£3-00

***Sandwiches**

A good old sandwich on white/granary bread, containing any of the following..

* Spinach * Tomato * Peanut Butter * 'Cheese' * 'Chicken' * 'Ham' * 'Salami'

First filling included in the price; for each additional filling, add £1-00

£2-50

***Ice Cream Scoops (as many as you want!)**

We love ice cream! That's why we always stock a HUGE range of different flavours- ask for today's selection. Tell us if you DON'T want the sauce, sprinkles & naughty stuff

£1-50/£2-50/£3-50/£4-50...

Please ask if there's something not on the menu that we can do to accommodate you/your family. Whilst we can't promise we'll be able to meet your request (especially during busy periods), we'll do our very best!

We respectfully ask that you do not consume any non-vegan products on the premises.

Hot Drinks

Coffee

We source all our coffee beans from 'Coffee & Cheese', a vegan wholesaler based in London, dedicated to the ethical sourcing of all of their produce.

One of their suppliers, 'Epos Caffè' state for example that, "*At the heart of our focus is to source only from those who pay particular attention to the economic, social and ecological sustainability of coffee*". We like that. And it tastes pretty awesome too!

*Espresso	£1-90
*Americano	£2-10
*Café Latte	£2-40
*Cappuccino	£2-40
*Flat White	£2-50
+ extra shot of espresso	£0-40
+ flavoured syrup	£0-60

Swap to decaf coffee for no extra charge.

Chocolatey Stuff

*Sourced by the good people at Zuma Drinks.
Look them up; they're pretty cool.*

* Classic Hot Chocolate	£3-00
* Mocha	£3-00
+ cream & sprinkles	£0-60

Cold Drinks

Sparkling

We stock a range of Whole Earth's flavoured sparkling waters (330ml can). These are all organic & are only sweetened using natural sweeteners. Choose from:

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

£1-80

We also stock a delicious low calorie cola, made by 'Karma Cola' (250ml can) £1-80

Smoothies

We make our famous smoothies ourselves, using plant milk, fruit & a bit of crushed flaxseeds- it's good for you & you won't even know it's there. So you're having it. No arguments!

Choose between:

- * Alana Goes Bananas: Banana, Date, Cinnamon & Flaxseeds
- * Dale loves Kale: Kale, Spinach, Apple, Lemon, Peanut Butter & Flaxseeds
- * Terry vs Berry: Strawberries, Raspberries, Blackberries, Banana & Flaxseeds

£4-00 each

Fruit Juices

Our bottled fruit juices are supplied by Frobishers. Choose from:

- * Orange
- * Apple
- * Mango
- * Cranberry
- * Pineapple

£2-40 each

Iced Coffee

Coffee how you like it, but over ice. Choose anything from the coffee menu & have a chilled version for an extra... +£0-60

Iced Tea

Any of our delicious loose leaf teas supplied by 'Born Wild Tea' can be brewed, chilled & served over ice. Our favourite is the Raspberry Lemonade, but it's up to you; why not push the boat out with an Iced Sencha, Earl Grey or Masala Chai? Add +£0-60

Frappés

Blended milk & ice in a selection of refreshing flavours; a posh grown-up milkshake, if you will. Choose from:

- * Vanilla
- * Espresso
- * Mint Choc Chip
- * Strawberry
- * Turmeric

£3-80 each

Add squirty cream, sprinkles & sauce +£0-60

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**
Facebook or Instagram :**@bethechangefoods**

Thanks

Anthony, Zoe & the Be The Change family

x