



**VEGAN LOUNGE**

# **EVENING MENU**

**2 CORNMARKET, WORCESTER, WR1 2DJ**  
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**@BETHECHANGEFOODS**



# 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

# 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!



# Sharing Trays

*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)



# Starters

AS WELL AS OUR EVER-CHANGING FRESH DAILY SPECIALS, WE ALWAYS OFFER...

## **\*Soup of the Day**

**£4-20**

*Warm your cockles with something hearty*

Homemade soup served with a slice of 'Ma Baker' bread (white or granary), topped with toasted seeds.

*(Ask your server for allergen details)*

## **\*Cheesy Garlic Dough Balls**

**£6-00**

*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**

**£6-00**

*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.

Because this is slow-baked, there'll be a 20 min (max) wait for this starter. It's worth it though!

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

# Mains

OUR FOOD IS YUMMY & OUR PORTIONS ARE GENEROUS! AS WELL AS TODAY'S SPECIALS, CHOOSE FROM THESE BE THE CHANGE FAVOURITES...

## **\*Bun Doggy Bun**

**£9-60**

*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 potato chips/sweet potato chips/potato wedges & a salad of your choice (check the counter for today's offerings) (GFO) (SFO)

## **\*Smoky Tofu Carbonara**

**£12-00**

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

## **\*Giant Burrito Samosa**

**£14-00**

*Another BOSH-inspired thing of fusion genius*  
Giant tortilla wrap samosa, filled with our homemade smoky bean chilli, brown rice & mozzarella, served with potato chips/sweet potato chips/potato wedges, smashed avocado & Tofutti sour cream. (GFO) (S)

# The 'BTC' Burger Line-up...

£12-00

All of our burgers are served with a range of toppings in a lightly toasted 'Ma Baker' bun and accompanied by potato chips/sweet potato chips/potato wedges. It's time to get your decision-making hat on...

## 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) (GF)
- \* **The Wholefoods Jerk:** Tangy, spicy, homemade wholefoods patty. (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 (+90p), 'Bacon' rasher (+£1-20)

## 4. Fresh Salad

- \* Take a look inside the counter to see today's offerings. Your first one is included in the price; each extra is £1-80



## Sides

### **\*Potato Chips/Sweet Potato Chips/Potato Wedges**

**£2-50**

If your meal isn't complete without tatties, & it doesn't already come with them, we're here for you!  
(GF) (OF)

### **\*Garlic Bread**

**£2-50**

'Ma Baker' baguette slices topped with a herby garlic butter.  
(GFO) (S) (SuF) (OFO)

### **\*Cheesy Garlic Bread**

**£3-00**

No description needed. Just get some.  
(GFO) (S) (SuF)

### **\*Salads of the Day**

**£2-50**

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

## Sauces & Condiments

(no charge...we just thought we'd tell you what we've got)

\* Ketchup \* Mustard \* Mayo \* Brown sauce

\* BBQ sauce \* Tamari (gf Soy Sauce) \* Relish \*

Chilli sauce \* Balsamic vinegar \* Sriracha \* Nooch

(ask if you're not sure what this is; it will change your life!) \* Chilli flakes \*

Oh...and salt & pepper too.



## Desserts

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

**1 cookie for £3-50; 2 for £5**

Cookie/s of your choice, warmed to make them lovely & gooey and served with a scoop of ice cream per cookie (ask us what fancy flavours we have for you tonight).

*(GFO) (S)*

### **\*Cheesecake of the day**

**£6-00**

Today's cheesecake (see chalkboard) served with a scoop of ice cream.

*(SuF) (OF)*

*(Ask your server for other allergen details)*

### **\*Ooh Matron...Cookie Shakes**

**£8-00**

Our indulgent & naughty signature milkshake, given their flavour by being 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)*

### **\*Ice Cream (as much as you want!)**

**£1-50 for 1 scoop/£2-50 for 2/£3-50 for 3/£4-50...**

We love ice cream! That's why we always stock a HUGE range of different flavours- ask for today's selection. Plus we can add sauce, sprinkles, squirty cream & all sorts (+£0-60/£1 for loads!)

# 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 & some 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 60p.

# 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?

£3-00

# 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

£3-70 each

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

## 'BRING YOUR OWN'

You're more than welcome to bring alcoholic drinks to enjoy with us. We ask for a 'corkage' contribution of £0-75 per beer/ cider & £1-50 per wine bottle.

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](mailto:bethechangefoods@gmail.com)**  
FB or Insta: **@bethechangefoods**

Thanks

Anthony, Zoe & the Be The Change family

**x**