



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)

***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/Squirry 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, 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)

***"Just some toast for me!"**

2 slice of white/granary toast & spread. £1-25

Add jam/marmalade/marmite etc (+ £0-50)

(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! Ask us what today's fresh & healthful offerings are!

***Bagels!** *(ask for GFO)* £6-00

Freshly made-to-order bagels, served with a generous portion of today's fresh salad

Fill up with...

* *smoked tofu, avocado, lettuce & tomato (S)*

* *'Red Leicester', pickle, spinach & tomato*

* *'ham', 'chicken', lettuce, tomato & mayo (S)*

WE'LL LIGHTLY TOAST YOUR BAGEL TOO...UNLESS YOU TELL US NOT TO!

***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 (+£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 2 slices of that yummy 'Ma Baker' bread (white/granary)
(Ask your server for allergen details)

***Be The Change Burgers!**

£6-00

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 burger.

*** The Emma & Glynn:** a tender homemade seitan & chickpea-based burger; hints of lemon & thyme.

*** The D*rtty One (GF):** Breaded 'chicken' style. Not a feather in sight. Or gluten, for that matter. Remember to ask for the gluten-free bun option if that's why you're choosing this one!

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

Your burger can come in a buttery brioche or sourdough charcoal bun & 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 (GF) / potato wedges (GF) / sweet potato chips on the side for £2-50

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

The naughty section!

SAVOURY

Available from 11am. Cooked to order

***Mac n Cheez**

£5-50

Macaroni pasta, coated in our beautifully creamy & cheesy sauce, topped with bacon bits & melty Bute Island mozzarella, all finished under the grill!

(GFO)

- *Add a portion of our daily salad for £1-80*

- ***Add our classic garlic butter bap for £2-50***

***Loaded Nachos sharing tray**

£14-00

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

(GF) (S) (SuF)

'Make it meaty' with chunky seitan bites for an extra £2.00 (GFO)

*** Dirty Wedges sharing tray**

£14-00

Lightly-spiced potato wedges, topped with chunky seitan bites, our homemade signature cheese sauce, lettuce, tomato, spring onion, gherkins, some of that gooey Bute Island mozzarella & sprinkled with sesame seeds.

They're oven-baked, so expect a 25 minute wait, followed by a taste explosion & a full belly!

(GFO) (S) (SuF)

The naughty section!

SWEET

*** Ooh Matron...it's those BTC Cookie Shakes!**

£8-00

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

Note- these are made in the kitchen by our chef, so at busy times, there may be a little (very worthwhile!) wait.

***"Do you have any...smaller milkshakes?!"**

£3-00

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! Like the cookie shakes, we make them to order in the kitchen, so there may be a little wait at busier times.

- add squirty cream & sauce +£0-60

***COOKIES, BROWNIES & OTHER TREATS!**

from £1-00

See the displays to check out today's selection. All made in-house by our team!

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Food this way

Drinks this way >>>>>>>>

Hot Drinks

Coffee

We source our beans from 'Coffee & Cheese', a vegan wholesaler in London, dedicated to the ethical sourcing of all of their produce. And, whilst paying attention to the "economic, social & ecological sustainability of coffee" (their words), their stuff 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.

Loose Leaf Tea

Our tea is supplied by Charlotte from the brilliant '**Born Wild Tea**', an independent 100% vegan company based in Cheltenham, dedicated to both exciting flavoured blends & high ethical standards. Check out our current blends on the counter area & remember to take a sniff!

* Re-fillable pot	£2-40
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Just ask if you'd really prefer a teabag tea; we always keep some aside, in addition to some decaf black teabags (£2-00 for either)!

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

Speciality Lattes

Steamed milk blended in an array of fantastic different ways. £3-00

- * Turmeric: Our own warming blend of turmeric, ginger & black pepper. A staff favourite.
- * Matcha: The invigorating effect of green tea, but in a creamy, comforting latte.
- * Beetroot: A thing of pink beauty, that doesn't taste of soil!
- * Chai: No cheat syrups here; an intense shot of our sweet 'Born Wild' Masala Chai tea, blended with your choice of plant milk.
- * Chaa-teau: A secret family blend of Indian Chai, slow-cooked on the hob to perfection. A more savoury blend of chai. Note- this is prepared in the kitchen by our chef, so may incur a longer wait than usual at busy times.

Go 'dirty' and add a shot of espresso to your speciality latte. +£0-40

Our staff are pretty skilled & knowledgeable when it comes to making drinks, so if you fancy something a bit different that's not listed, just ask. We can always say no, if we're unsure or rushed off our feet!

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? Check out the selection of teas we have by the counter & let us know which you'd like 'iced'.

We make these freshly to order, so expect to wait for a few minutes extra for these so we can really let those flavours infuse.

£3-00

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!

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