

SAMPLE EVENING MENU 2019

Hey!

Thanks for checking out the Be The Change evening menu!

We run a fabulous evening service on Friday & Saturday evenings:

- * Walk-in for a sitting starting any time from 18:00-20:00
- * Book ahead (recommended) for a sitting starting any time between 17:00 and 20:30

We keep our evening menu ever-changing; that keeps it interesting for both yourselves & us, as well as giving us the chance to keep things seasonal. As such, the dishes listed below are an example of the sorts of things we offer in the evenings.

If yourself, or someone in your party would like to know exactly what is on offer ahead of your visit, please do get in touch; we'll be happy to talk you through this weekend's menu.



BE THE CHANGE

Allergen info: All food & drink is plant-based, so will not contain milk, eggs or fish. Items on the following menu may have the following symbols: (GF) gluten free; (GFO) can be made gluten-free if requested; (S) contains soya; (N) contains nuts.

Let us know if there is any other dietary info we need to know. ☺

SAMPLE EVENING MENU

Small Dishes; £4-00

- * **Martyna's handmade Pierogi.** Polish dumplings, filled with wild mushrooms & sauerkraut & served in the traditional way, with fried onions
- * **Soup of the Day.** A wholesome homemade soup, finished with an omega seed mix & served with locally-made Ma Baker bread & spread. (GFO)
- * **The Posh One.** Seasoned grilled polenta steaks, topped with chestnut mushrooms & finished with micro-herbs & a balsamic glaze. (GF)
- * **Bunny's Cheesy Garlic Dough-Buns** Homemade mini dough-buns, filled with a gooey Bute Island mozzarella & topped with our garlic butter. (GFO)

Large Dishes; £12-00

- * **Grandpa Judd's Wholefood Noodle Bowl.** Packed full of goodness & really tasty too! Baked Satay Tofu, garlic Pak Choi, miso mushrooms & chilli broccoli, served on a bed of wholewheat vermicelli noodles & finished with a sprinkle of sesame seeds. (GF) (S) (N)
- * **Mr Mike's Giant Tandoori Chicken.** Our homemade seitan, coated in a beautiful tandoori marinade, served in a creamy korma sauce with a gentle 'kick', all on top of a giant garlic & coriander naan.
- * **Taylor & Chandu's Indecision.** Can't make up your mind? Let us fill you up with generous portions of our freshly prepared salads of the day, including pulses, grains, veggies & plenty of greens. Not 'just' a salad; you'll be the envy of your fellow diners! (GFO)
- * **George & Thelmar's Smoky Tofu Carbonara.** Tried and tested on staunch non-vegans, who just keep asking for more! Smoked tofu, leeks & peas, coated in our homemade creamy carbonara sauce, served on tender linguine pasta alongside garlic bread & a portion of today's daily salad. (GFO) (S)
- * **The BTC Burgers!** All served in either a brioche/sourdough buns, with a side of chips/wedges/sweet potato chips & our daily salad. Choose between the following patties:

The Big McNamara: tender, juicy & sweet; our seitan 'beef' burger. Contains nuts. It's not crunchy. We just need to tell you these things. Just in case. (N) (S)

The Quarter Pounder: soya-based, chunky 'beef' style burger (S)

The Emma & Glynn: homemade, lemon & thyme infused, seitan & chickpea based (S)

The D*rty One: breaded 'chicken' style, without a feather or beak in sight. It's also gluten-free. No wonder it's so popular. Remember to ask for a gluten-free bun with it too though, if that's your jam. (GF) (S)

The Spencer-saurus Rex: soft, quinoa-coated kale & veggie patty (S)

Sharing Platters; £15-00

* **Loaded Nachos.** 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.** 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)

Desserts; from £3-50

* **Warm cookies & ice cream.** Choose 1 (or more!) of our famous cookies & have it/them warmed with scoop/s of our fabulous ice cream selection (GFO)

* **Warm brownies & ice cream.** Our amazing homemade brownies, made even more gooey by heating them up, with your choice of ice cream

* Raw, refined sugar-free **cheesecake.** Ask for today's special; we make these on-site & they are always delicious! Especially when served with ice cream...

* Ice Cream Selection. Vanilla, chocolate, banana (homemade), coconut & passionfruit, raspberry ripple, hazelnut & rose, chocolate & orange blossom, peanut butter choc chip, strawberry & yuzu. Just ask if you'd also like sauce & sprinkles!

DRINKS

* Loose-leaf tea (all blends on the bureau) **£2-40**

* Espresso	£1-90	* Americano	£2-10	* Café Latte	£2-40
* Cappuccino	£2-40	* Flat White	£2-50	* Mocha	£3-00
* Hot Chocolate	£3-00	* Turmeric Latte	£3-00	* Beetroot Latte	£3-00
* Matcha Latte	£3-00	* Chai Latte	£3-00		

+ extra espresso **40p** + squirty cream **60p** + flavour syrup **60p**

Homemade smoothies **£4-00**

* Alana Goes Bananas (banana, dates, cinnamon)

* Dale Loves Kale (kale, spinach, apple, lemon, peanut butter (N))

* Terry vs Berry (mixed berries, banana)

Whole Earth organic sparkling waters **£1-80**

(cola; lemonade; orange & lemon; elderflower; ginger; apple; cranberry)

Frobishers Fruit Juices **£2-40**

(apple; orange; mango; pineapple; cranberry)

We do not sell alcoholic beverages; you are however welcome to bring your own. We ask for a small corkage charge (£1 per person)