

Evening Menu

Thanks for choosing 'Be The Change' for your evening meal tonight. We've quickly established ourselves as a great setting to enjoy chilled evening meals with fabulous plant-based food & drink...so we're confident you'll have a lovely time with us tonight; that said, please let us know if there's anything we can do to make your visit even nicer!

All food & drink on our menu is free from any animal products. Items that are gluten-free are marked (GF) and those that can be made without gluten upon request are marked (GFO). Our staff are on hand to give you any further information you may require with regards to the ingredients and/or preparation techniques we use.

Small dishes £4-

- * **Cheesy garlic bread.** A fluffy locally-made brioche, topped with our own garlic butter & gooey Bute Island mozzarella. A simple classic (GFO)
- * **Soup of the day.** A bowl of homemade soup, topped with seeds & served with a slice of locally-made bread (white/granary) (GFO)
- * **Grandpa Judd's house salads.** Freshly-made in house & ever-changing, our salads are packed full of nutrients & are always a favourite amongst our regulars. Check the specials boards to see today's selection. (GFO)
- * **Gochujang tempeh & mushrooms.** Locally-made organic tempeh & mushrooms, coated in our own smoky gochujang sauce & served up in lettuce boats with a wedge of lemon to finish off the taste explosion! (GF)

Naughty Platters £9- individual / £15- sharer

Great starters between a group, or a fantastic-value main meal between two...or get a cheeky portion for one!

- * **Loaded Nachos.** Lightly-salted tortilla chips topped with our homemade smoky bean chilli, our signature cheeze sauce, as well as some gooey melty Bute Island mozzarella, all served with a side of smashed avocado, jalapenos & sour cream for dipping! (GF)

'Make it meaty' with chunky burger bites for +£1 (indiv)/+£2 (sharer) (GFO)

- * **Dirty Wedges.** Lightly-spiced potato wedges, topped with chunky burger bites, our homemade signature cheeze 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! (GF)

Large dishes £12-

* **Taylor & Chandu's Indecision.** These two never could make up their minds, so we'd choose for them; if this is you tonight, then just let chef make the decision for you! This dish changes every week, is designed to be nutritionally balanced & always tastes great! (GFO)

* **George & Thelmar's Smoky Tofu Carbonara.** Smoked tofu, leeks, peas & linguine pasta, all coated in our carbonara sauce & served with homemade garlic bread & a portion of one of today's house salads. Deelish! (GFO)

* **The 'Be The Change' Burgers...** Ok, there's five to choose from...

- **The Big McNamara:** homemade tender seitan, beef-style with sweet notes
- **The Quarter Pounder:** chunky, juicy, beef-style with an umami twang
- **The Emma & Glynn:** homemade, chickpea & seitan-based, hint of lemon+thyme
- **The D*rtly One:** classic breaded-chicken style...just much kinder! (GF)
- **The Spencersaurus Rex:** a lighter kale & veggie burger, coated with quinoa

To finish off personalising your burger, choose your...

- Bun: classic brioche or charcoal sourdough
- Toppings: lettuce, tomato, gherkin, relish, mayo (all free); cheese (+90p); bacon (+£1-20)
- Chippage: regular potato chips (GF); sweet potato chips; potato wedges (GF)
- House Salad: check the chalkboards for today's options.

* **Mac n Cheez.** The special they made us turn permanent! Macaroni pasta coated in our creamy cheezy sauce & chunks of smoky 'faux meat', topped with bacon bits & melty Bute Island mozzarella, finished under the grill & served up with garlic bread & your choice of house salad. (GFO)

* **DON'T FORGET THE SPECIAL!** Listed on the chalkboard is our weekly special; always a favourite, and only available for this week, remember to check this out while you're making your mind up!

Desserts

We always have a delicious array of sweet treats to offer you; let us know if/when you'd like to hear the full list of tonight's options, however expect a wide variety of different cookie flavours, warm brownies & ice cream & some sort of delicious cake as well!.