



VEGAN LOUNGE

FOOD & DRINK

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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 fab 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. everything served is suitable for vegans). In addition, we are constantly looking at other improvements we can make:

- * How we source & use our plant-based ingredients, as well as our energy & equipment
 - * How much & what type of waste we are producing
 - * How we can be more inclusive of our local community
 - * Our employment arrangements with our staff
- ...and much more besides

Hopefully everything on the menu is fairly self-explanatory, but if you have any questions whatsoever just ask one of our staff to give you a hand; they're super friendly & very knowledgeable!

We truly hope you have a fabulous time here at BTC, whether today is your 1st or your 51st visit.

Thanks again for choosing to spend time with us

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. Other common allergens that appear in some of our dishes are highlighted in the menu using the key at the bottom of this page.

Do of course discuss any further elements of the food & drink we offer in relation to your requirements. We may also need to ask you further questions too & hope you won't think we're prying; we're really proud of what we're offering you & simply want to make sure you're 100% happy with what you've ordered & how we're preparing it for you.

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.

It is our policy never to charge more for ingredients that are simply accommodating a genuine dietary requirement- no extra charge for gluten-free bread or soy-free burgers here! As such however, we are strict about using these products only when necessary, so we can keep the price down. Therefore we will say no to requests such as wanting a seitan sausage (26g of pure gluten) in a gluten-free bun (normal buns contain 2-4g gluten), or similar contradictory requests. Thanks for your understanding & your co-operation in making our food as accessible as possible.

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

NFO= Can be made nut-free; just ask

MFO= Can be made mustard-free; just ask

ALL DAY BREAKFAST!

Yes, all day! Because who are we to say when you should be waking up, eating porridge or munching down on a steaming waffle?! Everything is cooked to order, just so you know...

*** 'Be The Change' Cooked Breakfast** (GFO) (SFO)
£8-00

Homemade sausage (seitan or black-eyed bean), homemade baked beans, a giant mushroom, roasted vine tomatoes, wilted spinach, & 2 classic hash browns, with Worcester's own Ma Baker toast (white, granary or sourdough) & veeg butter on the side

+ Add scrambled tofu (GF; S), slices of Bockwurst sausage and/or veeg bacon (S) (£1-50 each)

*** Scrambled Tofu** (GFO) (S)
£6-00

Our own specially-seasoned scrambled tofu, cooked through with onion, peppers & spinach, served atop some delicious Ma Baker sourdough toast. A classic, that's not going anywhere!

*** Breakfast Burrito** (GFO) (S)
£5-50

Floury tortilla wrap, filled with our homemade scrambled tofu, slices of Bockwurst sausage, refried beans, spinach & your choice of sauce, all finished in the toastie grill. Possibly the greatest dish ever invented!

+ Add melted Bute Island cheeze (GF) for an extra £0-50

*** Mushrooms on Sourdough** (GFO)
£5-00

Chef's beautifully seasoned mushrooms, sautéed with spinach & garlic, all served on Ma Baker sourdough toast. Just tell us if you'd rather dodge the garlic...we understand!

*** Bunny's Sausage Bap** (GFO) (SFO)
£4-80

A simple classic! Choose one of our homemade sausages (seitan or black-eyed bean) & one of our Ma Baker buns (brioche or sourdough) & we'll whack 'em together with some roasted tomatoes & a slither of veeg butter. Phwoar!

*** Waffle Mayhem!** (GF) (N)

£6-50

A chunky buckwheat cinnamon waffle, sweetened with dates & topped with either...

+ berry compote & vanilla ice cream

+ peanut butter (N), sliced banana & chocolate sauce

+ vanilla ice cream, caramel sauce & sprinkles

*** 'Alana Goes Bananas' Smoothie Bowl** (GF) (NFO) (SFO)

£5-00

A thick plant-milk-based smoothie made with bananas, dates & cinnamon, topped with flaked almonds, walnuts & sultanas

*** 'Dale Loves Kale' Smoothie Bowl** (GF) (NFO) (SFO)

£5-00

A proper green smoothie, made with spinach, kale, apple, lemon & peanut butter, finished with chia seeds, goji berries & desiccated coconut.

*** 'Terry vs Berry' Smoothie Bowl** (GF) (NFO) (SFO)

£5-00

A thick plant-milk-based smoothie made with strawberries, raspberries, blackberries & bananas, topped with desiccated coconut, banana & cashews

*** The Posh Porridge** (GFO) (SFO)

£4-00

A creamy plant-milk-based porridge cooked on the hob & topped with pumpkin seeds, banana & sultanas

*** "Just some toast for me!"** (GFO)

£1-25

2 slices of thick-cut toast (white/granary) & veeg butter.

+ Add jam (GF)/marmalade (GF)/marmite (+50p)

+ Upgrade to sourdough (+50p)

*** Pay what you want Porridge** (GFO)

Oats + Water = the filling breakfast of champions. Pay what you want to keep plant-based food accessible to all.

Seitan ("say-tan") is another word for wheat gluten & helps vegan sausages & burgers replicate the texture of their traditional counterparts. It's dead clever!

Tofu ("toe-foo") is made with soya bean curd, pressed into blocks (so very similar to traditional cheese-making)

Whilst these processes may seem a little odd, we'd argue that drinking another species' breast milk (dairy) & eating their secretions (eggs) are perhaps stranger! Just sayin'...

LATE MORNING ONWARDS...

Everything on these pages will be ready by 11am. And most of it will probably be ready to go first thing as well. We promise we don't mind you asking before 11am...we just might have to say no! Everything cooked to order

***The Quarter Pounder Burger (S) (MFO)**

£6-00

A chunky beef-style burger that ticks the box every time! Served in a brioche or sourdough bun & topped with lettuce, tomato, gherkin, relish & veeg mayo.

+veeg cheeze (GF) (90p)

+veeg bacon (S) (+£1-20)

***The D*rtty One Burger (GFO) (S) (MFO)**

£6-00

Classic breaded-chicken style burger, but without a feather in sight! Served in a brioche or sourdough bun & topped with lettuce, tomato, gherkin, relish & veeg mayo.

+veeg cheeze (GF) (90p)

+veeg bacon (S) (+£1-20)

***The Spencersaurus Rex Burger (S) (MFO)**

£6-00

A lighter burger, packed with veggies & coated in quinoa. Served in a brioche or sourdough bun & topped with lettuce, tomato, gherkin, relish & veeg mayo.

+veeg cheeze (GF) (90p)

+veeg bacon (S) (+£1-20)

SOY-FREE? WE'VE GOT AMY'S KITCHEN BURGERS (N) IN STOCK TOO; JUST ASK!

*** Homemade Soup (GFO)**

£4-00

Check the chalkboard to see today's hearty & warming offering; made in-house & served with thick-cut Ma Baker bread (white, granary or sourdough) & veeg butter

*** Hoi Sin Dukk Wrap (S) (Se)**

£4-00

A floury tortilla, packed with shredded veeg dukk, Hoi Sin sauce, spring onion, cucumber & lettuce. The same lovely taste & texture, without having to wonder why we're eating the same animal we were just feeding bread to..

*** Toasties** (GFO)

£3-00

Thick-cut Ma Baker bread, filled with lashings of warm gooey Bute Island mozzarella. Perfect comfort food!

+ add spinach, tomato, onion, green pesto (S) &/or red pesto (+60p each; all GF)

+ add Tofurky Smoked Ham (S) &/or VBites Bacon (S) (+£1-20 each)

***Pay what you want bean chilli** (GF)

A hearty mixed bean chilli, guaranteed to fill you up. Pay what you want & keep plant-based food accessible to all.

CHEEKY BITS ON THE SIDE

*** Hand-cut seasoned sweet potato chips** (GF)

£2-50

Prepared in-house & mixed with our own secret blend of herbs & spices before being oven-cooked to perfection. Goes well with...everything!

*** Regular potato wedges** (GF)

£2-50

Just in case the humble potato is more your thing!

*** Garlic Bread** (GFO)

£2-50

A good old chunk of soft fluffy brioche, baked with our house garlic butter blend.

(FOR A SIZEABLE CHEEZY GARLIC BREAD, CHECK OUT OUR CHEF'S SPECIAL MENU ON THE TABLE!)

*** House Salad** (GF)

£2-50

An ever-changing refreshing selection of plant-based yuminess; ask us what today's house salad is. Guaranteed not to be limp lettuce, tomatoes & cucumber!

Not sure what to go for? If you're torn between a few things, or want to know more details about anything, just **ask our staff**; they're brilliant! Remember that there's also our **Chef's Specials menu** (which should also be on your table separately) & the **seasonal wholefoods bowl of the day** detailed on the chalkboard. For younger folks, there's also our **children's menu**- do ask us for a copy if we weren't able to offer it to you when you came in.

UTTERLY OUTRAGEOUS SHAKES

Ooh Matron...it's those BTC Cookie Shakes! (GFO) (SFO) (NFO)
£8-00

Have you had one yet? They're absurd! Far too much decadence for one person to enjoy alone & a downright outlandish display of opulence...but then again if you're still reading, these factors clearly haven't put you off, so let's talk business!

* First you choose 3 cookies (they're by the till). Keep them similar in taste, or the whole thing will be a waste of time!

* Then we'll blend one of them up with ice cream & plant milk to make a thick & creamy shake

* Next it's a case of us littering your plate with another one of your chosen cookies & adding further sweet treats, sauce & sprinkles.

* Now the delicate part: Lashings of squirty cream & carefully balancing your final cookie on top

* Finally, oodles more sauce, sprinkles & fun to go on top, before we serve with a straw, a spoon & plenty of napkins!

n.b. As you might understand, this will be prepared by the day's chef in the kitchen; as such, at busy times there may be a small (very worthwhile) wait for your cookie shake.

Accidentally Vegan 'Shakes (SFO)
£4-00

Praise be to all those products made accidentally vegan, due to them incidentally not using animals in their production! We celebrate them in all their glory with our shake selection. Choose from:

- * Lotus Biscoff caramel decadence!
- * Oreo & Bourbon chocolate explosion!
- * Skittles fruity fun factory! (GF)
- * Peanut Butter jelly time! (N)

All shakes served with sauce, squirty cream & sprinkles!

SLIGHTLY MORE SENSIBLE COLD DRINKS

Homemade Smoothies (SFO) (GF)

£4-00

All designed & made in-house using fruit, veggies & plant milk. Choose from:

- * **Alana Goes Bananas** (bananas, dates, cinnamon)
- * **Dale Loves Kale** (kale, spinach, apple, lemon, peanut butter (N))
- * **Terry vs Berry** (strawberries, raspberries, blackberries, banana)

Frobishers Fruit Juices (250ml) (GF)

£2-40

- * Orange * Apple * Mango

Sparkling (330ml unless specified) (GFO)

£1-80

- * Thirsty planet sparkling water
- * Whole Earth organic sparkling cola (contains barley)
- * Whole Earth organic sparkling lemonade
- * Whole Earth organic sparkling elderflower
- * Whole Earth organic sparkling ginger
- * Whole Earth organic sparkling orange & lemon
- * Karma Cola (low-calorie drink; 250ml)

Iced Coffee

£3-00

Tell us how you like your coffee & we'll make it over ice!
Obviously extra shots of espresso, flavoured syrups etc will cost a little bit more, as usual.

Iced Tea

£3-00

Choose one of our fabulous Born Wild loose leaf teas (located by the till), & we'll infuse an extra strong brew over ice.

HOT DRINKS

Coffee

* Espresso	£1-90
* Americano (12oz)	£2-10
* Café Latte (12oz)	£2-40
* Cappuccino (8oz)	£2-40
* Flat White (6oz)	£2-50
+ extra shot of espresso	£0-40
+ flavoured syrup	£0-60

We've got the kit & the skills to make your coffee in whatever way you like, so if you can't see your favourite drink listed, just tell us & we'll sort it out for you

We use **Fire & Flow's** Aurora coffee blend, made using beans bought directly from the farmers:

60% of the blend is from Huila, SW-Colombia, where small-holder families farm in either full or partial shade (to concentrate flavours) & are always actively working on sustainable practises, managing water, protecting forests & local biodiversity.

40% of the blend are bought from the Mogiana Valley, just outside Sao Paulo in Brazil. A third of this farm is forest & 90% of the energy is renewable, coming from a waterwheel! Farmers also support locally accessible education, health care and social clubs for their employees and families.

As well as buying directly from the source & being expert baristas themselves (Calum has been crowned South West barista champion three times!), **Fire & Flow** roasts its beans sustainably, using smokeless technology, recapturing energy & allowing them to use 30% less in the process! As you'll be drinking it black or with plant-based milk, it's got to be the lowest carbon footprint coffee in town!

Chocolate

Sourced by the good people at Zuma drinks; look them up-they're pretty cool!

* Hot Chocolate	£3-00
* Mocha	£3-00
+ squirty cream	£0-60

Loose Leaf Tea

We are HUGE tea fans & are incredibly proud of our selection; it's all supplied by Cheltenham-based 'Born Wild Tea', an independent 100% vegan company who make fabulous creative blends, as well as top-notch classics. Our full selection is displayed in sample pots on the counter, so you can have a good old sniff too!

- Re-fillable pot £2-40

Just shout if you'd really rather just have a mug of tea (we can still make it using the loose-leaf), or simply a regular Yorkshire/decaf teabag tea (all of the above available for £2-00)

Specialty Lattes

Steamed milk, blended in an array of fantastic different ways:

* **Turmeric:** Our own warming blend of turmeric, ginger & black pepper, which as well as tasting brilliant, is incredibly good for you; look it up! Caffeine-free £3

* **Matcha:** A cult favourite; the intense hit of powdered fine grade green tea, which will release caffeine slowly, over a longer period of time & have a slower come-down too. £3

* **Beetroot:** It's pretty & pink, can taste as much (or as little) like beetroot as you want & is packed full of flavonoids (look 'em up; they're good for you!) Naturally caffeine-free £3

* **Chai:** No cheat syrups or powders here- instead we give you the authentic Chai Latte experience: A strong shot of Masala Chai tea, steeped with steamed milk & served in a teapot. Remember to use the strainer, or it'll get a bit chewy! £3

* **Chaa-teau:** A secret Indian Chai blend made in-house, steeped with warm plant milk & date syrup. £3-50

Ask to "GO DIRTY" and add a shot of espresso to any of the above specialty lattes (+40p)

**Wow! An entirely vegan drink, snack &/or meal!
GREAT JOB!!!!!!**

'Vegan food' can sound so strange & foreign & yet it turns out to be...well...just like 'normal'! And so it could be...

Our aim at Be The Change is to make our food & drink delicious in its own right. However, the numbers behind vegan food & drink are particularly powerful too...

Did you know for example, that each human eating & drinking exclusively plant-based foods would (on average) save annually:

- * **6607kg of grain**, which would otherwise be used for animal feed
- * **1022 square metres of forest**, which would otherwise be cleared for animal agriculture
- * **3322kg of carbon dioxide**, produced by all the components of animal agriculture, including packaging & transportation
- * **1.5 million litres of water**, which would otherwise be used to grow animal feed, for animal hydration, washing down equipment etc.

And of course...

- * Just shy of **3 trillion animals' lives** are ended every year for human consumption (just over 1 animal per person per day); so you wouldn't be contributing to the consumer demand that causes that either.

Many people also choose to reduce &/or completely remove animal products from their diet due to the potential nutritional benefits of doing so.

Thankfully, the resources available to support people living a vegan lifestyle &/or following a plant-based diet are almost limitless in 2020. However, here are some of our favourites:

- * **For morals & ethics**: Earthling Ed (youtube channel); The Bearded Vegans (podcast); Melanie Joy (author; public speaker); Land of Hope & Glory (film; youtube)
- * **For environmental benefits**: Eat for the Planet (book; available on our bookshelf); Cowspiracy (film; Netflix)
- * **For individual health**: Nutrition Facts (website; podcast; youtube channel; app); Game Changers (film; Netflix)

And the best resource currently at your disposal? The wonderful Be The Change staff team! All of us grew up not being vegan; all of us now are vegan...&love talking about it!

Thanks for choosing to spend some time at Be The Change today; it really does mean a lot to us!

For our online table-booking system & extremely exciting webshop, visit **www.bethechangefoods.co.uk**

To stay in touch with all the latest news, updates & silly videos, follow us on Facebook & Instagram
@bethechangefoods

For general enquiries, feedback & love letters, use
bethechangefoods@gmail.com

And heck, to enable you to call 15 minutes ahead to bag yourself a table on busy weekends, why not note down our phone number too?!

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