

APPETISERS

Marinated olives <i>GF</i>	3
Parsnip crisps <i>GF</i>	3
Red onion & nigella seed focaccia, oil & vinegar	4

SMALL PLATES

Cheez Fondue <i>GFO</i>	6.5
Spinach and artichoke gooey cheez fondue served with red onion and nigella seed focaccia.	
5 Spice Ribz <i>GF</i>	6
Ribz style sticky soy strips served with ginger & sesame slaw.	
Popcorn Ch'ck'n <i>GF</i>	5.5
Crispy bite-sized ch'ck'n pieces served with the house garlic mayo for dipping!	
Cauliflower Wings <i>GF</i>	5.5
Sticky cauliflower wings coated in our lip-smackin' spicy Buffalo glaze. Served with naked slaw.	

BURGERS & DOGS

All our burgers & dogs are served in sourdough buns made by our friends at the 100% vegan, artisanal Alex Gooch Bakery.

Big McNamara Burger <i>N</i>	8
Homemade tender seitan, topped with cheez, b*con, lettuce, tomato, gherkins & our secret burger sauce, A best-seller.	
Dirty Burger <i>GFO</i>	7
Crispy chicken-less burger. Served with lettuce, mayo, tomato gherkins & relish. Upgrade with cheez (+1) & b*con (+1.5)	
The ¼ Pounder Burger	7
Chunky, beefy...just no cow! Served with lettuce, mayo, relish tomato & gherkins. Upgrade with cheez (+1) & b*con (+1.5)	
Nasu Dengaku Burger <i>GFO</i>	7.5
Miso and sesame glazed aubergine, house pickles, mixed leaves and sriracha mayo. Packed full of flavour.	
German Not Dog	7.5
Bockwurst sausage, topped with fried onions, crispy onions, ketchup & mustard. Upgrade & top with Mac n' Cheez, BBQ sauce & crispy b*con bits (+3)	



15 New Street, Worcester, WR1 2DP
 www.bethechangefoods.co.uk | @bethechangefoods
 01905 610505 | bethechangefoods@gmail.com

LARGE PLATES

Beer-battered Tofish & Chips <i>GF</i>	13
Beer-battered nori tofu fillets, served with chips, macho peas and our house tartare sauce.	
BBQ Mac <i>GFO</i>	11
BBQ Mac n' Cheez topped with sweet and sticky BBQ pulled 'shrooms & crispy onions. Served with garlic ciabatta.	
Smoky Tofu Carbonara <i>GFO</i>	11
Creamy carbonara sauce with leeks, peas and smoked tofu folded through tagliatelle pasta and topped with fresh rocket & p@rmesan. Served with garlic ciabatta.	
Buddha Bowl <i>GF</i>	11
Smokehouse chickpeas, roasted cauliflower, garlic kale, seared tamari tofu, spinach & house pickles, all served on a bed of fragrant brown rice. Colour, flavour & balance. Served cold.	
Crispy Chilli B**f <i>GF</i>	11
Crispy soy strips in a sweet chilli sauce, packed with peppers & onions, served with jasmine rice and house pickles.	
Giant Kebab Feast	12
Not for the faint-hearted! Tender seitan kebab chunks, chips, naked slaw & mixed salad, dressed with mint yoghurt and chilli sauce, all served in a giant folded naan bread, More chips on the side, with spring onions & your choice of sauce.	

PIZZA

Meat Feast	11.5
An all-round epic win! Neapolitan sauce, mozz'rella, BBQ ch'ck'n, b*con, pepper*ni & slices of German bockwurst.	
BBQ Ch'ck'n	10.5
BBQ sauce base, mozz'rella, BBQ ch'ck'n, pepper and onion.	
Spicy Pepper*ni <i>GFO</i>	10
Neapolitan sauce, mozz'rella, pepper*ni, pepper and onion. Topped off with sriracha sauce and chilli flakes.	
White Funghi <i>GFO</i>	9.5
Cheezy white sauce base with mozz'rella, oyster mushrooms, garlic, rocket & p@rmesan.	
Antipasti <i>GFO</i>	9.5
Neapolitan Sauce, mozz'rella, artichoke, sundried-tomato, black olives, rocket & p@rmesan.	
Margherita <i>GFO</i>	7.5
Neapolitan sauce, mozz'rella, cherry tomatoes and oregano.	

SIDES

Mac n' Cheez <i>GFO</i>	5.5
Creamy cheez sauce coated macaroni pasta, topped with chives & crispy onions.	
Skin on Fries <i>GF</i>	3
Add sriracha mayo (+0.5)	
Sweet Potato Fries <i>GF</i>	3.5
Tossed in our BTC herb blend. Add sriracha mayo (+0.5)	
Garlic Ciabatta <i>GFO</i>	3
Made by our good friends at the 100% vegan artisanal Alex Gooch Bakery. Make it cheezy! (+1)	
Smokehouse Chickpea Salad <i>GF</i>	3.5
BBQ-glazed chickpeas, cherry tomatoes & mixed leaves	
Ginger & Sesame 'slaw <i>GF</i>	3.5
Crunchy slaw topped with a lip-smackin' dressing	
Classic 'slaw <i>GF</i>	3
Dressed Mixed Leaf Salad <i>GF</i>	3

ALLERGENS

Our menu uses the following key:

GF= Gluten-free

GFO= Dish can be altered & made gluten-free, if requested

N =Contains nuts

A complete allergy log, detailing which dishes contain soy, sesame, lupin, celery, mustard & sulphites, is available upon request. Although every care has been taken to reduce cross-contamination, there can be no guarantee that your food will be completely free of allergens; cross-contamination is always a risk in a busy kitchen. If you would like to chat more about your order & how it is prepared, just ask a member of the team. We are very happy to try and accommodate dietary requirements that sit outside common allergens too; we simply ask for 24 hours' notice here, to ensure we can both accommodate your needs & give you the best dining experience with us.