

# THE FIG & OLIVE

## RESTAURANT

### VEGAN MENU

#### BREAKFAST

**SERVED FROM 9AM-11.30AM**

VEGAN BREAKFAST, avocado, onion, pepper & potato hash, spinach, button mushrooms, grilled plum tomatoes, baked beans & a rack of toast **£13**

HOMEMADE GRANOLA, soya milk & berries **£6.5**

RACK OF TOAST, vegan spread, jam & marmalade **£3.5**

SMASHED AVOCADO, chilli, lime & homemade sourdough **£10**

#### SMALL PLATES

CHICKPEA & HERB FALAFEL, tzatziki, rocket & pomegranate **£8**

CAULIFLOWER FRITTERS, sweet & sour glaze & mango chutney **£8**

SUMMER BLISS BOWL, apricot & raisin couscous, roasted chickpea, cucumber, avocado, sweetcorn & tahini dressing **£14**

**Add Falafel £4**

#### SIDES

CORIANDER RICE **£4** | FLASH FRIED GREENS **£4.5** | HARISSA COUS COUS **£4.5**

HOUSE SALAD **£3.5** | SKIN ON FRIES **£4.5** | CHUNKY CHIPS **£5**

#### LARGE PLATES

MEZZE BOARD, chargrilled flat bread, confit garlic, beetroot hummus, baba ghanoush, rose harissa tzatziki, artichokes, romesco chilli sauce, olives & sun blushed tomatoes **£15** Add Falafel **£4.5**

ZA'ATAR SPICED CELERIAC BURGER, avocado slaw, salsa & sweet potato fries **£14**

SWEET POTATO & RED LENTIL DAHL, chickpeas & chilli with grilled flatbread or steamed coriander rice **£14**

BUTTERNUT SQUASH RISOTTO, roast butternut squash & crispy sage **£14**

FALAFEL WRAP, mixed leaf salad, tzatziki & sweet potato fries **£10.5** V

#### DESSERTS

SORBETS, 3 scoop selection **£4.75**

CRANACHAN, homemade granola, coconut yoghurt & mixed berries **£6.5**

ALMOND & COCONUT RICE PUDDING, mango compote **£7.5**

#### WHY NOT TRY OUR VEGAN ROAST DINNER?

**Served 12.30pm-8pm (Sunday Only)**

SPICED MUSHROOM NUT ROAST, rosemary & garlic roasted potatoes, seasonal vegetables, cherry vine tomatoes & vegetable jus **£15**

FOOD ALLERGIES & INTOLERANCES Please speak to our staff about the ingredients in your meal when making your order. We cannot 100% guarantee our premises are gluten & nut free. *Thank you*

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## RESTAURANT

### SERVING TIMES

#### MONDAY - SATURDAY

##### BREAKFAST

9AM-11.30AM

##### LUNCH

12.30PM-4.30PM

##### DINNER

6PM-9.30PM

#### SUNDAY & BANK HOLIDAYS

##### BREAKFAST

9AM-11.30AM

##### LUNCH & SUNDAY ROASTS

12.30PM-8PM

(NO ROASTS ON BANK HOLIDAYS)

#### FOOD ALLERGIES & INTOLERANCES

PLEASE SPEAK TO OUR STAFF ABOUT THE INGREDIENTS IN YOUR MEAL WHEN MAKING YOUR ORDER. WE CANNOT 100% GUARANTEE OUR PREMISES ARE GLUTEN & NUT FREE.

OUR FOOD IS FRESHLY PREPARED AND MAY RESULT IN SLIGHT DELAYS AT PEAK TIMES, YOUR PATIENCE IS APPRECIATED

*Thank you*