**JANUARY / FEBRUARY MENU**

**All dishes are 100% plant based, gluten free and contain little to no refined ingredients. Allergens listed beneath each dish. *We work from a kitchen containing peanuts, soy, sesame, mustard, maize, nuts, celery.***

***Freezer friendly \****

**LUNCH / BREADS / SALADS**

**(We have 2 options of Buddha boxes, ideal to save you the prep for 4 days worth of your working week lunches or dinners. Each has an abundance of satiating, fresh seasonal produce with a balance of nutritional elements. We ask for an order minimum of 4 boxes of one type, which will keep well in your fridge for 4 days, ensuring one of your meals for the day is freshly prepared, whilst being more nutritionally balanced and affordable than typical high street lunch options! See other lunch options below such as our Energy bites and GF baguettes)**

**Oyster Mushroom Buddha Box £24 (4 boxes)**

**Roasted oyster mushrooms, Chipotle Lime slaw, Charred Corn Quinoa Salad, Pea Guacamole, Wild Rocket, Peanut Chile Salsa**

 **Seasonal Roots Buddha Box £24 (4 boxes)**

 **Rosemary Roasted Golden Beets, Celeriac + Sweet Potatoes, Brassica Sour Cherry Slaw, Wild Rocket, Beetroot Hummus, Smoked Tamari Almonds**

**Onion + Rosemary Baguette \***

**Caraway Sea Salt Baguette \***

**Our freshly baked GF millet baguettes with achoice of Rosemary Onion or Caraway Sea Salt**

**Minimum order of 2 baguettes**

**2 for £7, 4 for £12**

**Millet Oat Bread\***

**Similar to a rye bread in texture, an earthy flavoured bread with a lovely texture that is also great for toasting, as well as freezing.**

**Energy bites \* 12 for £10**

**Selection box available**

**Sour Cherry, Orange, Cardamom Walnut**

**Tahini Cacao Hazelnut**

**Salted Peanut Butter Date**

**delicious organic ingredients create the following 3 energy balls, indulgent flavours with a wholefood plant based twist. Spiced Cherry Orange + Walnut, Tahini Cacao, Sea Salted Peanut Butter + Date**

**Roasted Oyster mushroom, Quinoa Sugar Snap Sesame salad**

**shredded, roasted oyster mushrooms with ribboned cucumber, lots of fresh veg, quinoa, sweet sugar snaps + herbs and a creamy sesame lime dressing**

**Serves 2/4 portions**

**Allergens: soy, peanuts, sesame, nuts**

**£10/20**

**Szechuan Pepper Peanut Noodle Salad**

**Rice noodles with a sesame, peanut dressing infused with citrus szechuan peppercorns, lime, tamari and lots of fresh herbs and veg**

**Allergens: soy, peanuts, sesame**

**£10/15**

**Brassica seasonal Slaw**

**A variety of January’s brassicas eg brussels sprouts, with a pomegranate dressing, roasted almonds + sour cherries. Seasonal and fresh, it is also included in our Buddha boxes.**

**Serves 2/4 portions**

**Allergens: mustard, nuts**

**£10/15**

**Thai Jack Cakes \* with Mango lime slaw and a creamy Sesame Tamari sauce**

**Thai spiced potato pulled jackfruit cakes, 8 medium sized cakes, 4 portions slaw and sauce**

**Serves 2/4**

**£10/20**

**MAIN DISHES**

**Shiitake, Oyster Mushroom Toasted Coconut Rendang \***

**Lots of ginger, lime leaf and chilli running through an aromatic curry with torn oyster mushrooms and meaty shiitake, finished with ground toasted coconut**

**Serves 2/4 portions**

**Allergens: soy**

**£10/20**

**Creamy Coconut Black Dal with Roasted Pumpkin\***

**slowly cooked black dal with warming spices, coconut with roasted butternut and pumpkin ran through**

**Serves 2/4**

**Allergens: celery,mustard, soy**

**Roast Aubergine Mushroom Shepherd's pie with Celeriac Rosemary Mash\***

**Rich lentil, roast aubergine and minced mushroom bolognese topped with creamy rosemary infused celeriac potato mash. Comforting with seasonal twists.**

**Serves 2/4 portions**

**Allergens: soy, nuts, maize**

**£10/20**

**Black Garlic Leek + Butternut Macaroni Cheese \***

**Creamy macaroni cheese with caramelised butternut + sweet black garlic leeks infused with rosemary, sage + smoked paprika. A winter warmer with an abundance of nutritious vegetables and herbs.**

**Serves 2/4 portions**

**Allergens: soy, maize, nuts, mustard**

**£10/20**