

Starters

Soup of The Day	£5.50
served with house-baked gluten-free bread & extra virgin olive oil	
Pure Avocado Soup (N/C/Raw)	£5.50
chilled & herbed avocado soup	
Cauliflower & Polenta Bakes	£6.50
served with a pistachio(N) & olive tapenade	
Heart's Desire (Se)	£6.50
sautéed artichoke hearts served with roasted pepper sauce	
Bean & Tofu Pancake (S/C)	£6.50
served with tomato sauce & mayo	
Mezze Selection	£6.50
guacamole, hummus(Se) & pimento(N) dips served with house-baked gluten-free bread	
Almond Cheese (N/Raw)	£6.50
soft nut cheese with herbs, raw crackers(M), pitted olive & julienned vegetables	

Sides

Oven-Baked Chips	£4.00
Baked Plantain	£4.00
Garlic Bread (G)	£4.00

Salads

Kale & Tomato Salad (S/Se)	£5.00
in a tahini dressing	
Beetroot & Leaf Salad (S)	£5.00
in a horseradish dressing	
Spinach & Avocado Salad (S/Raw)	£5.00
in an olive oil & lemon dressing	
Coleslaw (S/Raw)	£5.00

Mains

Ben's Special (Se)	£12.50
vegetable stir-fry with a choice of seitan(G) and/or marinated tofu(S) served with organic brown rice or gluten-free noodles	
Oyster Mushroom & Spinach Raclette (N/S/Se/C)	£12.50
spinach & tofu cottage cheese on roasted potato, creamy sauce & sautéed oyster mushrooms	
Seitan Stroganoff (N/Se/C/G)	£12.50
seitan, cashew cream & mushrooms served with organic brown rice	
222 Fresh Burger	£12.50
asparagus & petit pois burger on house-bake gluten-free bread served with chips, salad(S) & mayo(S)	
Egusi (N)	£12.50
traditional African dish made from pumpkin & melon seeds served with salad(S) & a choice of organic brown rice or oven-baked chips	
Spaghetti Polpette (C)	£11.50
(£6.50 for kids portion) gluten-free pasta in roasted tomato sauce topped with quinoa & spinach balls	
Chef's Salad (S/Se)	£12.50
seasonal vegetables with avocado, pitted olive & marinated artichoke in house-made dressing	
Raw Chef's Salad (S/Se/Raw)	£12.50
seasonal vegetables with avocado, pitted olive & beetroot in house-made dressing	
Pumpkin & Courgette Noodle Salad (S/Se/Raw)	£12.50
pumpkin & courgette noodles in creamy chickpea & ginger dressing topped with fresh coconut(N)	

All dishes are 100% vegan. Gluten-free, except where stated.

Allergen key - G: Gluten, N: Nuts, S: Soybeans, Se: Sesame, C: Celery, M: Mustard

Desserts

Cheesecake of The Day (N/S) £6.50

gluten-free cheesecake made with almonds, chestnut purée & tofu

Apple Crumble £6.50

served warm with ice cream(S) or coconut whipped cream(N)

222 Pancake (S) £6.50

house-made pancake served with vanilla ice cream, vanilla custard & chocolate custard

Banana Cake £6.50

served warm with ice cream(S) or coconut whipped cream(N)

Chocolate Gateau £6.50

served warm with ice cream(S) or coconut whipped cream(N)

Maple-Roasted Pineapple (N) £6.50

served warm with vanilla ice cream(S)

Ice Cream (S) £4.50

selection of flavours (3 scoops)

Hot Drinks

Teapigs Organic Tea £3.00

Earl Grey / English Breakfast / Darjeeling / Green Tea / Peppermint / Rooibos / Chai / Lemon & Ginger / Jasmine / Chamomile

Matcha Green Tea £3.50

whisked with water or a choice of almond milk(N), oat milk(G), or soya milk(S)

Espresso / Americano £3.00

Cappuccino / Latte £3.50

choice of almond milk(N), oat milk(G), or soya milk(S)

Cereal Coffee (G/decaf) £3.50

choice of almond milk(N), oat milk(G), or soya milk(S)

Hot Chocolate £3.50

choice of almond milk(N), oat milk(G), or soya milk(S)

Drinks

Freshly Squeezed Juices £4.50

Carrot, Apple & Ginger / Beetroot & Apple / Carrot & Apple / Carrot & Ginger / Apple & Ginger

Smoothies £6.00

Blue: blueberries, banana, apple juice & açai
Red: strawberries, raspberries, orange juice & goji berries

Green: spinach, cucumber, mango, apple juice & spirulina

222 Milkshake (N) £6.00

almond milk, banana, raw cacao, maca, almond butter & date syrup

Mineral Water (Still / Sparkling)

Small (33 cl)

£2.50

Large (1 L)

£4.50

Organic Bottled Juices £3.50

Apple / Pear / Raspberry & Pear

Organic Soft Drinks £3.50

Karma Cola / Ginger Beer / Lemonade / Elderflower

Organic Lagers (G)

Freedom Lager (33 cl)

£4.50

Samuel Smiths Lager (55 cl)

£6.50

Organic Wines

Organic House White

(Bordeaux Blanc)

Glass (175 ml)

£5.50

Bottle

£19.50

Organic House Red

(Cotes De Thongue Rouge)

Glass (175 ml)

£5.50

Bottle

£19.50

All dishes are 100% vegan. Gluten-free, except where stated.

Allergen key - G: Gluten, N: Nuts, S: Soybeans, Se: Sesame, C: Celery, M: Mustard