

## Starters

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

## Sides

|                         |              |
|-------------------------|--------------|
| <b>Oven-Baked Chips</b> | <b>£4.00</b> |
| <b>Baked Plantain</b>   | <b>£4.00</b> |
| <b>Garlic Bread (G)</b> | <b>£4.00</b> |

## Salads

|  |              |
|--|--------------|
| <b>Kale &amp; Tomato Salad (S/Se)</b>      | <b>£5.00</b> |
| in a tahini dressing                       |              |
| <b>Beetroot &amp; Leaf Salad (S)</b>       | <b>£5.00</b> |
| in a horseradish dressing                  |              |
| <b>Spinach &amp; Avocado Salad (S/Raw)</b> | <b>£5.00</b> |
| in an olive oil & lemon dressing           |              |
| <b>Coleslaw (S/Raw)</b>                    | <b>£5.00</b> |

## Mains

|  |               |
|--|---------------|
| <b>Ben's Special (Se)</b>  | <b>£12.50</b> |
| vegetable stir-fry with a choice of seitan(G) and/or marinated tofu(S) served with organic brown rice or gluten-free noodles       |               |
| <b>Oyster Mushroom &amp; Spinach Raclette (N/S/Se/C)</b>   | <b>£12.50</b> |
| spinach & tofu cottage cheese on roasted potato, creamy sauce & sautéed oyster mushrooms   |               |
| <b>Seitan Stroganoff (N/Se/C/G)</b>  | <b>£12.50</b> |
| seitan, cashew cream & mushrooms served with organic brown rice  |               |
| <b>222 Fresh Burger</b>  | <b>£12.50</b> |
| asparagus & petit pois burger on house-bake gluten-free bread served with chips, salad(S) & mayo(S)                                |               |
| <b>Egusi (N)</b>   | <b>£12.50</b> |
| traditional African dish made from pumpkin & melon seeds served with salad(S) & a choice of organic brown rice or oven-baked chips |               |
| <b>Spaghetti Polpette (C)</b>  | <b>£11.50</b> |
| (£6.50 for kids portion)<br>gluten-free pasta in roasted tomato sauce topped with quinoa & spinach balls                           |               |
| <b>Chef's Salad (S/Se)</b>   | <b>£12.50</b> |
| seasonal vegetables with avocado, pitted olive & marinated artichoke in house-made dressing  |               |
| <b>Raw Chef's Salad (S/Se/Raw)</b>   | <b>£12.50</b> |
| seasonal vegetables with avocado, pitted olive & beetroot in house-made dressing   |               |
| <b>Pumpkin &amp; Courgette Noodle Salad (S/Se/Raw)</b>   | <b>£12.50</b> |
| 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 (330 ml)

£2.50

Large (750 ml)

£4.50

### Organic Bottled Juices £3.50

Apple / 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

(Chardonnay Blanc)

Glass (175 ml)

£5.50

Bottle

£19.50

### Organic House Red

(Cabernet Sauvignon Rouge)

Glass (175 ml)

£5.50

Bottle

£19.50

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