



222 North End Road, West Kensington
London, W14 9NU
Tel: 020 7381 2322

Beat the queue
order directly with a QR Code





À La Carte Menu

Starters

Bean & Tofu Pancake (S/C) £7.50

Served with tomato sauce & mayo

Mezze Selection £7.70

Guacamole, hummus (Se) & Pimento (N) dips served with house-baked gluten-free bread

Almond Cheese (N / Raw) £7.50

Soft nut cheese with herbs, pitted olive & julienned vegetables
with house-baked gluten-free bread

Heart's Desire (Se) £7.50

Sautéed artichoke hearts served with roasted pepper sauce

Mains

Ben's Special (Se) £14.40

Vegetable stir-fry with choice of seitan (G)
and/or marinated tofu (S) served with organic
brown rice or gluten-free noodles

Seitan Stroganoff (N/Se/C/G) £14.40

Seitan, cashew cream, & mushroom served with
organic brown rice

222 Fresh Burger (S) £14.40

Asparagus & petit pois burger on house-bake
gluten-free bread served with oven-baked
chips, salad(S) & mayo(S)

Soups

Cream of Mushroom Soup (N/C) £6.50

Served with house-baked gluten-free bread
& extra virgin olive oil

Cream of Broccoli Soup (N/C) £6.50

Served with house-baked gluten-free bread
& extra virgin olive oil

Soup of The Day £6.50

Ask service staff for details

Sides

Spinach & Avocado Salad (S/Raw) £6.50
in an olive oil & lemon dressing

Baked Sweet Potato £6.50

Oven-Baked Chips £6.50

Baked Plantain £6.50

Rocket Salad £6.50

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

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

@222veganbowlfood

Bowls Menu



Ben's Bowl (N/Se) £14.50

- Stir-fried vegetables with cashew nuts
- Brown rice noodles
- Broccoli sprouts

Mamma Mia (N/C) £14.50

- Fusilli with tomato & basil sauce
- Spinach & quinoa 'meatballs'
- Green beans & peas in a pesto dressing
- Rocket drizzled with olive oil

Health Kick (N/S/Se) £14.50

- Chef's salad with artichoke & asparagus
- Quinoa with fresh herbs
- Baked falafels
- Pimento sauce



Yum Yum (S/C) £14.50

- Carrot Tart
- Spinach, avocado & red onion salad
- Bean & red pepper salad
- Baked sweet potato
- Tomato & basil sauce

Sun of Ghana (N/C) £14.50

- Egusi
- Brown rice
- Baked plantain & boiled yam
- Steamed greens
- Spicy sauce

Hale & Hearty (N/S/C) £14.50

- Oyster mushroom & spinach raclette
- Steamed chard
- Black beluga lentil & tomato salad
- Cashew cream sauce

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

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



Cold Drinks

Freshly Squeezed Juices £4.50

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

Smoothies £4.50

Blue: Blueberries, Banana, Apple Juice & Acai

Red: Strawberries, Raspberries, Orange Juice & Goji Berries

Green: Spinach, Cucumber, Mango, Apple Juice & Spirulina

222 Milkshake (N) £6.50

Almond Milk, Banana, Raw Cacao, Maca, Almond Butter & Date Syrup

Mineral Water (Still / Sparkling)

Small (330ml) £2.50

Large (750) £4.50

Organic Bottled Juices £3.50

Apple / Pear

Organic Soft Drinks £3.50

Karma Cola / Ginger Beer / Lemonade / Elderflower

Organic Lagers

Freedom Larger (G) (33 cl) £4.50

Samuel Smiths Larger (G) (55 cl) £6.50

Organic Wines

Organic House White

(Chardonnay Blanc)

Glass (175ml) £6.50

Bottle £22.50

Organic House Red

(Cabernet Sauvignon Rouge)

Glass (175 ml) £6.50

Bottle £22.50

Hot Drinks

Teapigs Organic Tea £3.00

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

Matcha Green Tea £3.50

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

Espresso / Americano £3

Cappuccino / Latte £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

Deserts

Cheesecake of The Day (N/S) £7.50

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

Apple Crumble £7.50

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

222 Pancake (S) £7.50

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

Banana Cake £7.50

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

Chocolate Gateau £7.50

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

Maple-Roasted Pineapple (N) £7.50

Served warm with vanilla ice cream

Ice Cream (S)

Selection of flavours

3 scoops £5.50

1 scoop £2.00

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

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

✕f@ @222veganbowlfood