



EAT MORE
PLANTS

FULL OF FLAVOUR, FREE FROM CONTACT LUNCH MENU

TWO COURSE MENU OPTIONS

Each course served individually in our stylish bowls.
Delivered with environmentally friendly bowl covers.
Fresh and ready to eat.

HOMEMADE, HASSLE FREE, PLANT PACKED MEALS

* IMPORTANT *

All our food is prepared in our strictly Plant-Based home kitchen.
Allergens that are present include all nuts, gluten, celery, mustard, soya and sesame seeds.



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FULL OF FLAVOUR, LUNCH BOWLS

Select two choices and pre-order

Mexican Buddha Bowl

Spicy roasted sweet potato and peppers
Zesty lime and herb grains (basmati rice, red rice, bulgur and quinoa)
Mixed beans with chilli and balsamic roasted tomatoes
Fresh baby spinach ~ Pineapple, sweetcorn and spring onion salsa
Cooling mint and yoghurt hummus

Fabulous Frittata + Salad

A chunky mix of roasted vegetables, potatoes, peas and broad beans packed in a thick wedge of Frittata made from chickpea flour
Zesty quinoa and shredded veggie salad
Spicy tomato dipping sauce

Zappy Thai Salad

Shredded carrot, cabbage, sweetcorn and spring onion, fresh coriander and mint
Served with toasted sesame rice noodles, edamame and crushed peanut topping
Lip smacking dressing... blend of Tamari sauce, lime, garlic, ginger, chilli, and toasted sesame oil

Indian Inspired Buddha Bowl

Chickpea Chaat... (chopped chickpea salad with cucumber, tomato, potato, onion, chilli, spices, fresh coriander and mint)
Cumin roasted carrot hummus ~ Golden rice with sultanas,
Spice roasted cauliflower ~ Spinach ~ Toasted Seeds

Stuffed Red Pepper + Tabbouleh Salad

Spiced mixed bean, chickpea, spring onion and herb smash....
stuffed into a roasted pepper
Crunchy rainbow veg and cauliflower Tabbouleh salad
Squeeze of lemon and fresh herbs ~ Tahini yoghurt drizzle

The logo features a stylized white leaf icon above the text "EAT MORE PLANTS" in a bold, white, sans-serif font. The text is centered within a solid orange circle. The background of the entire page is decorated with various botanical illustrations in black and white, including leaves, stems, and fruits, with some elements colored in shades of orange, yellow, and blue.

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DELICIOUS DESSERTS

Select one choice:

Rhubarb + Custard Pot

Set vanilla custard topped with rhubarb and rose compote,
Crushed pistachio sprinkles

Chocolate Mousse Pot

Rich dark chocolate mousse, topped with salted peanut fudge
Crushed peanuts

Almond Cake

Moist Almond cake with seasonal fruit compote

Pecan spiced cookies

Spiced buttery shortbread cookie balls full of chopped pecans
Dusted with icing sugar. Serving size two per person

Banana, date and walnut cake

With maple and peanut butter frosting

Chocolate, ginger and nut slab

A luxurious mixture of nuts, dried fruit and crushed biscuits
all set in a boozy dark chocolate slab