



EAT MORE
PLANTS

PLANT PACKED PIX 'N' MIX BUFFET LUNCH MENU

THREE COURSE MENU OPTIONS

Self-service buffet complete with our stylish dinnerware

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.

The logo features a stylized white leaf icon above the text "EAT MORE PLANTS" in a bold, sans-serif font. The text is centered within an orange circle. The background of the entire page is decorated with a repeating pattern of various plant-based ingredients, including bell peppers, carrots, ginger, cinnamon sticks, and herbs, rendered in a simple, illustrative style.

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HEALTHY WELCOME SHOT

Choose one:

Orange, apple, pear, ginger and thyme

Pineapple, cucumber, mint and lime

Banana, cacao and berry

Blackberry, apple, beetroot and ginger

Mango, strawberry, orange and cardamom



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HEARTY HOT MAINS

Choose one (served hot in soup kettle):

Delicious Daal

Slowly cooked onions, carrot, celery, sweet potato and new potato
With toasted dried spices, mingled into hearty and healthy red lentils
Topped with zingy pickled red onions

Moroccan Tagine

Mixed vegetable and chickpea spiced tagine with apricots
Hearty, fragrant stew with warming flavours from cinnamon and cumin
Topped with fresh coriander and wedge of lemon

Tamarind Red Lentil Rasam

Tangy tomato based red lentil daal – medium spicy
Flavoured with mustard seeds, cumin, coriander and red chilli powder
Topped with charred red cabbage

Chickpea, Aubergine & Spinach Curry

A popular Eat More Plants veggie packed curry – mild/medium spicy
Traditional Indian spices with hearty chickpeas, tasty aubergine and fresh spinach
Served with mint yoghurt

Far East Flavours Curry

New potatoes, carrot, sweet potato, peppers, radish and red onion
Cooked in coconut milk and Thai aromatic flavours of chilli peppers, coriander,
lemongrass and ginger
Crushed roasted peanuts and a wedge of lime

EMP Signature Chilli

Butternut squash, veggies, mixed bean and peanut warming chilli
A complete dish with a bit of everything.
Served with a wedge of lime

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SIDES & GRAINS FOR MAINS

Choose one (served cold):

Mixed Grain & Veggie Bowl

Wholegrain bulgur wheat, organic quinoa, wholegrain brown rice
Spicy roasted sweet potatoes and chickpeas, fresh herbs and spinach
Zesty tahini citrus dressing, toasted seeds

Golden Moroccan Couscous Bowl

Wholewheat couscous, spiced roasted chickpeas, grated carrot and sultanas
Warming spices cumin, ginger and turmeric
Toasted almonds and fresh herbs

Fragrant Rice Bowl

Basmati and wild rice
Toasted coconut, sultanas, coriander and lemon

All served with mixed breads

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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