



## WILD FOOD CAFÉ

PLANT BASED RESTAURANT & WELLBEING OASIS

### DAY

#### Wild Avocado on Toast | N S G

*sourdough toast, wild leaf pesto, cashew aioli, pickled mooli, pomegranate, pumpkin seeds, chilli flakes* 10.5

#### Chickpea Tempeh Omelette | S

*with smoky chickpea tempeh bacon, courgette, trimmings kraut, bbq & hollandaise sauce* 12.5

#### The Fully Wild Breakfast | S G

*chickpea omelette with smoky chickpea tempeh bacon, avocado, sourdough toast, massaged cavolo nero, roasted pumpkin, smoky baked beans* 15

#### Dillicious Carbonara | N S

*courgette noodles in a cashew cream sauce with garlic, oyster mushrooms, kale, dill, parsley, chives and white wine* 13.75

#### Wabi-Sabi Kale Salad | N S

*with a sunflower seed sour cream dressing, pickled mooli, kimchi, almonds, chestnuts, oyster mushrooms, wakame, nori, avocado, butternut squash and tenderstem broccoli* 14.25

#### Classic Burger | N S G

*wild spiced olive, wild mushroom & pepper pattie, beef tomato, caramelised onion, almond feta, sliced gherkin and burger sauce* 14.25

| avocado +1.5 |

### SWEET

#### Banana Bread Toast | N

*with walnuts and dates, served with raw nutella* 7.5

| add 1 scoop Christmas Spiced Ice Cream +2 |

#### Sweet Pancakes | N

*quinoa, buckwheat & maca pancakes with a goji and orange cream, almond butter, seasonal fruit and maple syrup* 10.5

### PIZZAS

SERVED FROM 12.00

#### Classic Wild | S G

*marinara sauce, green olives, wild leaf pesto, pine nut parmesan, rocket, olive oil* 13.5

#### Santa Baby (Spinach) | N S G

*wild leaf pesto, marinated cherry tomatoes, almond ricotta, baby spinach, activated seeds* 14.75

#### Creamy Wild Mushroom | N S G

*almond & shiitake sauce, marinated mushrooms, almond ricotta, truffle oil, radicchio* 15

#### Italian Meatball | N S G

*marinara sauce, walnut & oyster mushroom meatballs, wild leaf pesto, marinated cherry tomatoes, green olives, cashew cheese, rocket* 14.75

| gluten zero pizza base +1 |

### SIDES

Marinated Olives 4.5

Luscious Leaves | S 4.5

Sourdough Bread | G 2.75

Cheese & Onion Kale Chips | S 4.75

Sweet Potato Wedges with Cashew Aioli | N 4.5

Wild Leaf Pesto | S 2

Flatbread with Roasted Garlic Purée | S G 6

| gluten zero flatbread +0.5 |

### DESSERTS

Chocolate Orange Tart 8

Rainbow Cheesecake | N S 9

Gluten Free Seeded Bread is available instead of sourdough, please ask.

Not all ingredients are listed for each dish, please inform a team member of any allergy or dietary requirements. Contains: N - Nuts, S - Seeds, G - Gluten

A 12.5% discretionary service charge will be added to your bill. All proceeds go directly to our team.

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