

A LA CARTE

Served daily from 6pm to 10pm

STARTERS

Bourjasotte Noir GF 7

BEST FIGS OF THE SEASON. FROM SOILLÈS, FRANCE.
SERVED ROASTED WITH CACIORICOTTA FROM PUGLIA. SHORT SEASON

Ceviche VG 6.5

AMAZONIAN AÇAÍ-TREE HEART DRESSED IN CALAMANSI LIME
WITH STRAWBERRY, HERBS, TOMATO AND MUSIC BREAD.

Oliveira's Faux Gras VG | N 7

OUR OWN TAKE ON AN ALTERNATIVE TO THE INFAMOUS FRENCH PÂTÉ.
MADE WITH CHESTNUT, WALNUT AND MUSHROOM. WITH HOMEMADE PICCALILLI AND
CROUTONS

Polonaise Op 53 VG 8

PIEROGI FILLED WITH ARTICHOKE CREAM
SERVED IN HERITAGE TOMATO CONSOMMÉ

Mandoo VG 6

KOREAN DIM SUM STUFFED WITH OUR OWN RED CABBAGE KIMCHI

Nduja VG | N 7

DON'T EXPECT MEAT TASTE OR MEAT ALTERNATIVE IN THIS ONE. OLIVEIRA'S OWN PLANT-
BASED NDUJA MADE WITH JACK-FRUIT, SMOKED PAPRIKA AND CHILLI. GRILLED
AUBERGINE AND CROSTINI

MAINS

Black Truffle Striata GF 15

STRIATTA AUBERGINE LACQUERED WITH HONEY AND TRUFFLE, SERVED WITH RADISHES,
CARROT MOUSSE AND RED WINE SAUCE

Fillets of Trumpet Royale VG | GF 14

COOKED IN MADAGASCAN GREEN PEPPERCORN SAUCE MADE WITH OUR 17-ROOT GRAVY,
SERVED WITH FRIED CASSAVA CHIPS AND GARNISH SALAD

Hen-of-the-Woods VG | GF 16

RARE FORAGED MUSHROOM. TENDERSTEEM BROCCOLI, JERUSALEM ARTICHOKE, WILD
SCOTTISH BLAEBERRIES SAUCE

Jack and the Figtree VG | GF 13

SEASON'S FIGS WITH SAUTÉED JACKFRUIT SEEDS WITH FRIED GREEN TOMATOES COATED
WITH PLANTAIN FLOUR. VEGETABLES

Mangará VG | GF 15

FLOWER OF THE BANANA TREE PAN-SEARED WITH MISO AND MAPPLE SYRUP. SERVED
WITH BEETROOTS AND 17-ROOT GRAVY

White Spiced GF 14

CARAMELISED RATTE POTATOES, YAM, CRIPSY PARSNIP, CAULIFLOWER, CELERIAC,
HORSERADISH AND WHITE CHOCOLATE SAUCE. PARMESAN*

A LA CARTE

Served daily from 6pm to 10pm

APPETIZERS

48h San Francisco Sourdough 3.5

Raw Bella di Cerignola Olives 4

Rosemary Bruschetta VG 5

Sweet Potato Pierogi VG 6

Tempura Blossom VG | GF 6
BANANA BLOSSOM, TARTARE SAUCE

Antipasto Vegano VG | GF | N 9
GRILLED ARTICHOKE, AMAZONIAN TEAR DROP PEPPER, HEART OF AÇAÍ PALM, MOUSE'S FAVOURITE CHEESES (vegan) TOAST WITH OLIVEIRA'S FAUX GRAS

HANDMADE ARTISANAL PASTAS & RISOTTOS

ALL MADE WITH 30-MONTH PARMESAN*. VEGAN ALTERNATIVE AVAILABLE
HAVE THEM AS STARTER OR MAIN

RISOTTO

Milano 9 / 15
30-MONTH PARMESAN FROM LOMBARDY,
SAFFRON

Funghi 10 / 16
PORCINI, SHITAKE, SHIMENJI

Sea-Flora 10 / 16
NORI ALGAE, PHYTOPLANKTON, CORNISH
ALGAE SELECTION, DENDÉ OIL

Autumn 9 / 15
EXTRA VIRGIN OLIVE OIL, FRESH HERBS,
SUMMER VEGGIES

PASTA

Torteloni 10 / 16
JERUSALEM ARTICHOKE AND BLACK
TRUFFLE

Ravioli 9 / 15
SEASON'S GARDEN PEA AND FRAGRANT
MARJORAM HERB

Spaghettoni 9 / 14
LIVE YEAST, BUTTER, 30-MONTH
PARMESAN

Strozzapreti al Mojo Rojo 9 / 14
EGGLESS PASTA IN CATALAN SUN-DRIED
TOMATO SAUCE

DESSERTS 7

MATCHA CRÈME BRÛLÉE
Classic French dessert with a Japanese twist

HEALTHY DECADENCE
Single origin Peruvian chocolate and salted
caramel tart. Vegan by nature, naughty by
choice VG. GF.

MANGO CHEESECAKE
Kesar mango with pomegranate GF

AMAZONIAN TRIO
AÇAÍ - CUPUAÇU - PITAYA superfood fruits
of the Amazon forrest. Try them, you might
even like them

CASSAVA CAKE WITH YUZU SORBET
Gluten-free by birth. Traditional Brazilian
country-folk dessert, with Japanese lemon
sorbet. VG GF

SELECTION of TRADITIONAL CHEESE
Organic award-winning cheeses from Celtic
heritage made by British families in Cornwall
and Wales (EXTRA £4)

SELECTION of VEGAN CHEESES
Handmade artisan British organic
plant-based cheeses (EXTRA £4)

BREAKFAST from 10am to 2pm

Our eggs are from Ventonwyn Farm, St Ewe, Cornwall. It's simply sustainable farming at its best. But that's not even our main reason to chose them: they're just the tastier eggs we ever tried

We only use 100% organic sourdough bread, yeast-free baking, made by local artisans

bread & coffee 7.5

toasted natural yeast-free baking sourdough, coffee of your choice, homemade jam, butter

cassava cake & yuzu sorbet 7

traditional recipe, no gluten, gluten, naturally vegan, a pleasant coupling of hot and cold

pão de queijo & coffee 7.5

the legendary Brazilian cassava cheese bread. Made with two varieties of cassava, naturally gluten-free. A Latin classic. Freshly baked, 10 minutes wait. coffee of your choice

orange & olive oil cake 4.5

Sicilian oranges and extra-virgin olive oil cake slice

eggs benedict

poached free-range cornish eggs, toasted natural sourdough (on the side) with homemade hollandaise sauce. CHOOSE FROM:

florentine 11

wilted spinach

california 12

avocado and tomato

bell benedict 10

roasted sweet peppers

yucatán 12

home-made hot chipotle salsa and avocado

sardo 13

the chef's favourite, traditional sardinian pecorino cheese melted on toasted sourdough

santorini 11

greek yogurt, chilli flakes

classics

omelette your way 9

CHOOSE FROM:
cheese, tomato, mushroom, onion, herbs

scrambled eggs on toast 8

3 softly scrambled naturally creamy eggs with a bit of butter, black pepper and Malden sea-salt crystals, served with toasted sourdough

sausage and eggs 10

2 vegan sausages, 2 eggs and toast sourdough

pancake 9.5

add vanilla ice cream or mascarpone (£2)

CLASSIC: loads of maple syrup

pesto portobello 9.5

creamy field mushroom on sourdough toast

FRUITY: just plenty of fruits and honey

...or try something else!

coco-vanilla-orzo 8

handmade rice-sized pasta cooked with vegan vanilla custard topped with dried coconut.

cassava pancake 10

flourless pancake using cassava roots instead. served with honey and lemon chantilly

san-franciscan 7

48h san francisco sourdough topped with smashed avocado and whole seeds

açaí bowl 10

oliveira family's favorite. 200g of pure açaí (no monkey business here!) with granola and fruits. organic, non-gmo, sustainable. you help your health, help the indigenous peoples of the amazon to keep their forest and on top of that receive our bliss for canonisation

oliveira's faux gras 7

our own take on a vegetarian/vegan version of the infamous French pâté. with toasted bread

VEGAN BREAKFAST

from 10am to 2pm

we do not encourage over-consumption of soya. excessive use of soya in your diet is not good for your health and it's not ecological. We source our tofu very carefully. The tofu we serve here contains only three ingredients: organic soya only, water and nigari (from seawater). Our tofu is guaranteed gm-free, sustainable, 100% organic

We only use 100% organic sourdough bread, yeast-free baking, made by local artisans

bread & coffee 7.5

toasted natural yeast-free baking sourdough, coffee of your choice, homemade jam, butter

cassava cake & yuzu sorbet 7

traditional recipe, no gluten, gluten, naturally vegan, a pleasant coupling of hot and cold

orange & olive oil cake 4.5

Sicilian oranges and extra-virgin olive oil cake slice

saint benedict

roasted ecological tofu, toasted natural sourdough (on the side)
with homemade hollandaise sauce. CHOOSE FROM:

florentine 12

wilted spinach

california 13

avocado and tomato

bell benedict 11

roasted sweet peppers

yucatán 13

home-made hot chipotle salsa and avocado

classics

omelette your way 10

CHOOSE FROM:
cheese, tomato, mushroom, onion, herbs

sausage and grilled tofu 11

2 vegan sausages, 2 tofu, toast sourdough

pesto portobello 9.5

creamy field mushroom on sourdough toast

scrambled tofu on toast 12

softly scrambled naturally silky tofu with a bit of dendê oil, black pepper and Malden sea-salt crystals, served with toasted sourdough

pancake 9.5

CLASSIC: just loads of maple syrup
FRUITY: plenty of fruits and homemade syrup
add vanilla ice cream (£2)

...or try something else!

coco-vanilla-orzo 8

handmade rice-sized pasta cooked with vegan vanilla custard topped with dried coconut.

cassava pancake 10

flourless pancake using cassava roots instead.
served with honey and lemon chantilly

san-franciscan 7

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our own take on a vegetarian/vegan version of the infamous French pâté. with toasted bread

LUNCH AVAILABLE FROM **NOON TO 2:30PM**

APPETIZERS

Artisanal Garlic Sourdough VG 3.5

Sweet Potato Pierogi 6

TRADITIONAL POLISH DUMPLING MADE WITH SPELT FLOUR

Tempura Blossom 6

BATTERED BANANA BLOSSOM, SERVED WITH TARTARE SAUCE. VG GF

Scotch Egg 7

MADE WITH OLIVEIRA KITCHEN'S DELICIOUS VEGAN SAUSAGE AND VENTONWYN FARM EGG, OUR NEWST CREATION. GF

Nduja 7

DON'T EXPECT MEAT TASTE OR MEAT ALTERNATIVE IN THIS ONE. OLIVEIRA'S OWN PLANT-BASED NDUJA MADE WITH JACK-FRUIT, SMOKED PAPRIKA AND CHILLI. SERVED WITH GRILLED AUBERGINE AND CROSTINI. VG

Raw Bella di Cerignola Olives 4

Rosemary Bruschetta VG 5

Mandoo 6

KOREAN DIM SUM STUFFED WITH KIMCHI VG

Oliveira's Faux Gras 7

OUR OWN TAKE ON AN ALTERNATIVE TO THE INFAMOUS FRENCH PÂTÉ. MADE WITH CHESTNUTS WALNUT AND MUSHROOM. SERVED WITH HOMEMADE PICCALILLI AND TOASTED 48hs SAN FRANCISCO SOURDOUGH VG

Antipasto Vegano VG 9

GRILLED ARTICHOKE, AMAZONIAN TEAR DROP PEPPER, HEART OF AÇAÍ PALM, MOUSE'S FAVOURITE CHEESE (vegan) CAMEMBERT BLUE AND AGED DULCE, TOAST WITH OLIVEIRA'S FAUX GRAS

MAKE IT FOR TWO WITH AN EXTRA £6

HANDMADE ARTISANAL PASTAS & RISOTTOS

ALL MADE WITH 30-MONTH PARMESAN*. VEGAN ALTERNATIVE AVAILABLE

RISOTTO

Milano 12

30-MONTH PARMESAN FROM LOMBARDY, SAFFRON

Funghi 13

PORCINI, SHITAKE, SHIMENJI

Sea-Flora 13

NORI ALGAE, PHYTOPLANKTON, DENDÉ OIL

PASTA

Ravioli 12

BURRATA AND MARJORAM PASTA IN FRESH BASIL SAUCE

Spaghettoni 13

LIVE YEAST, NORMANDY BUTTER, 30-MONTH PARMESAN

Strozzapreti al Mojo Rojo VG 12

EGGLESS PASTA IN CATALAN SUN-DRIED TOMATO SAUCE

MAINS

Fillets of Trumpet Royale VG GF 14

COOKED IN MADAGASCAN GREEN PEPPERCORN SAUCE MADE WITH OUR 17-ROOT GRAVY, SERVED WITH FRIED CASSAVA CHIPS AND GARNISH SALAD (VEGAN OPTION AVAILABLE)

Beetroot Blessing GF 11

SALAD WITH CRANBERRY, WALNUT, PREMIUM FETTA CHEESE, WILD ROCKET LEAVES AND BEETROOT, FRENCH DRESSING AND MALDON SEA SALT

Autumn in Tuscany VG GF 11

SALAD OF GRILLED ARTICHOKE HEARTS, ROMAN MOZZARELLA, SUN-DRIED TOMATOES, OLIVES YOUNG LEAVES, HOUSE DRESSING

Bangers & Mash VG GF 13

OLIVEIRA KITCHEN'S NEWLY CREATED ORGANIC VEGAN SAUSAGE, MORE NUTRITIOUS AND MORE DELICIOUS THAN THE MEAT ONES, SERVED WITH A SMOOTH CREAMY MASH KING EDWARDS POTATOES AND CARAMELISED ONION GRAVY

SIDES

GREEN BEANS 4 - BROCCOLI 4 - TOMATO & BASIL SALAD 5.5 - MIXED LEAVES SALAD 4 - SUGAR SNAPS 4 - SPINACH 4.5 - MANGETOUT 4 - MIXED VEGGIES 4 - CASSAVA FRIES 4 - ZUCCHINI FRITTERS 4.5

A 12.5% DISCRETIONARY SERVICE CHARGE WILL BE ADDED TO YOUR BILL.
SERVICE CHARGE IS SHARED AMONG THE ENTIRE TEAM EQUALLY AS A BONUS ON TOP OF THEIR SALARY.
We cannot guarantee the absence of allergens. Please inform a member of staff of any allergies

They say we are one of the best vegetarian restaurants around. But all we care about is to serve a simple good meal with a good glass of wine without eating away at our conscience.

We support family owned organic, biodynamic and natural producers from all over. Although the bulk of our ingredients come from British and European growers. We will favour organic produce any day, the exception goes where the labelling doesn't apply. And also to some producers who practice organic but are still waiting for that label. Some ingredients are wild so labelling doesn't cut it.

We have a great selection of the best organic wines from the Old and New Worlds. And we are very excited to be offering a great selection of orange wines, an attempt to rescue a nearly extinct tradition of natural wine making.

When we were planning our first restaurant 3 years ago in East Sheen, our mission was to make the most of what the planet has on offer without contributing to the damage to the environment. For the same reason we don't serve meat we avoid soya as much as possible. There's a good reason behind each ingredient we choose and we are very happy to talk about it.

We are not attempting to preach or lecture anyone. We are not 'anti' anything. Most of our guests are meat eaters and we will not try to convince them to change. All we are trying to do is to give folks who decide they had enough meat - even if for a day - a natural option. And for those who are just trying to find out what else nature has to offer us we'd like to do a demonstration of that.

If we were anti something, that would be the over-consumption of processed food and fast-food in our daily meals. Our dishes are simple, fresh and fun in a way anyone can understand and still be surprised.

Have an uncompromisingly robust Italian red or a bold French orange wine. If you are worried about the wine matching your food, ask the chef for suggestions. We are open and welcome a good conversation.

Come as you are and try it out. You might realise you don't really need to eat that much meat anyway.