48h San Francisco Garlic Sourdough VG 4.5

Raw Bella di Cerignola Olives VG 4

STARTERS

Ceviche VG 7
AMAZONIAN AÇAÍ TREE HEART DRESSED IN CALAMANSI LIME, WITH STRAWBERRY, HERBS, TOMATO AND SARDINIAN MUSIC PAPER

Forest Floor Calamari GF VG 9.5
WiILD KAONG SEEDS (THE CALAMARI OF THE FOREST) IN TEMPURA, TRADITIONAL JAPANESE RÃYU AND MOROCCAN PRESERVED LEMON

Polonaise Opus 53 VG 9
A DELICATELY FLAVOURED TOMATO CONSOMMÉ AND JUST WARM ENOUGH, WITH A ARTICHOKE AND CREAMY CHEESE FILLED DUMPLING

Lady Quail of Norfolk 13
INSPIRED ON THE BEST OF BRITISH PRODUCE, TRUFFLE, POACHED QUAIL EGG FROM NORFOLK FARMS NESTED ON SMOKED POTATO MOUSSE

Oliveira's Faux Gras VG 8
OUR OWN TAKE ON THE INFAMOUS FRENCH PÂTÉ. MADE WITH CHESTNUTS, BRAZIL NUTS, WALNUT AND A SELECTION OF WILD MUSHROOM SERVED WITH HOMEMADE PICCALILLI AND TOASTED 48h SAN FRANCISCO SOURDOUGH

Miss Muffet and the Flame Badger GF 9.5
A SWEET CONTINENTAL STYLE WASHED CURD CHEESE WITH A SUPPLE TEXTURE AND NUTTY CREAMY FLAVOUR PRODUCED BY THE ARTISAN AWARD WINNING CHEESE MAKER SUE PROUDFOOT IN CORNWALL, CURED IN EXTRA-VIRGIN OLIVE OIL, SERVED WITH A CARPACCIO OF FLAME BADGER BEETROOT, ORANGE INFUSED BALSAMIC AND GOLDEN BEETROOT HUMMUS

Sea Flora Risotto GF 10.5
SELECTION OF ALGAE AND SEA VEGETABLES ORGANICALLY GROWN IN THE BRITISH ISLES INCLUDING NORI, BABY KELP WAKAME, IRISH MOSS AND PHYTOPLANKTON. ALL BEAUTIFULLY COOKED IN A CLASSIC RISOTTO AND SERVED WITH 30-MONTH AGED PARMESAN*.

MAINS

Fillets of Trumpet Royale GF 16
IN MADAGASCAN GREEN PEPPERCORN SAUCE MADE WITH OUR 17-ROOT JUS, SERVED WITH FRIED CASSAVA CHIPS AND SALAD. VEGAN VERSION AVAILABLE

The Atacama GF VG 19
SALT-BAKED ROOTS AS THE ATACAMA INDIGENOUS PEOPLES COOK THEM, HERE SEASONED WITH SCOTTISH WHISKEY BARREL SMOKED SEA SALT. SERVED WITH SUNCHOKE SAUCE, MACA AND MAIZE MOUSSE, AND A ESCABECHE OF TAMARILLO

Lord of the Hundreds 25
BLACK SUMMER TRUFFLE ORZOTTO, ENDIVES, WHITE ASPARAGUS COOKED WITH SUE PROUDFOOT'S AWARD WINNING KELTIC GOLD AND COVERED WITH LORD OF THE HUNDREDS CHEESE (MADE OF RAW SHEEP'S MILK PRODUCED BY CLIFF AND JULIE DYBALL IN EAST SUSSEX). TREAT YOURSELF WITH HE BEST OF THE CULINARY WORLD (VEGAN VERSION AVAILABLE - CHEESES CAN BE REPLACED BY MOUSE'S FAVOURITE'S AWARD-WINNING PLANT-BASED ARTISANAL CHEESES)

Bisteca di Sedano GF VG 18
MEDALLIONS OF ITALIAN CELERIAC CULTIVATED IN THE VALLE D'AOSTA, ROASTED AND GLAZED WITH OUR OWN 17-ROOT DEMI-GLACE SERVED WITH SAUTÉED FIG, PARSNIP & WHITE CHOCOLATE MOUSSELINE AND TENDER-STEM BROCCOLI

Chicken-of-the-Woods from Thetford Forest GF 22
A RARE SPECIES OF WILD MUSHROOM EXCLUSIVE FORAGED FOR US FROM NORFOLK'S LARGEST WOODLAND. IT'S RARE AND HAS A VERY SHORT SEASON. WE COOK IT IN A BUTTER FRICASSÉE. SERVED WITH SMOKED POTATO MOUSSE, CAULIFLOWER VELOUTÉ, GREZINA ZUCCHINI AND OLIVEIRA'S 17-ROOT DEMI GLACE.

Asparagus GF VG 18
GRILLED BRITISH ASPARAGUS, CARROT MOUSSE, CAULIFLOWER HASH BROWN, COMFIT BABY TOMATOES, SAMPHIRE, RUBHARB AND ARUGULA FRICASSÉE

SIDES

CHAYOTE & WAKAME ALGAE 6 - TENDER-STEM BROCCOLI 5.5 - TOMATO & BASIL SALAD 5.5 - MIXED LEAVES SALAD 4 - CASSAVA FRIES 4

DESSERTS

We are bringing to you a selection of wild foraged plants, flowers and berries
we receive directly from our fine food forager.
What's good in the British Isles paired with exquisite flavours from around the world.

CUPUAÇU CHEESECAKE 9

A little bit of the Amazon Forest on your plate. A plant-based cheesecake made from cupuaçu pulp.
Served here with a plant-based sorbet made from wild rosehip foraged in England. VG/GF

HEALTHY DECADENCE 9

Single origin Peruvian chocolate porcelain with salted caramel, vanilla ice cream. Vegan by nature, naughty by choice VG
(Please note: our vegan ice cream is made with oat based cream, technically not gluten-free)

MATCHAMISU 9

A plant-based tiramisu made with Japanese green tea and matcha instead of coffee and chocolate.
Served with ice cream made with foraged sea buckthorn from Kent's coastal paths. VG

CASSAVA CAKE AND YUZU SORBET 7.5

Gluten-free by birth. Traditional Brazilian country-folk pudding, served with aromatic Japanese lemon sorbet VG/GF

AMAZONIAN TRIO 7

AÇAí - CUPUAÇU - PITAYA

A selection of homemade sorbets
...and nope, you can't have them separately. These are made from the superfood fruits of the Amazon forest. Try it, you might even like it VG/GF

TRADITIONAL CHEESE SELECTION

Organic award-winning vegetarian cheeses from Celtic heritage made by British families in Cornwall and Wales

Choice of Three £10 Have all Five for £15

Golden Cenarth - semi-soft, rind washed in cider, nutty flavor and unique savouriness, Caws Cenarth
Pearl Las - superb highly regarded organic blue cheese made by Caws Cenarth in Carmarthenshire, Wales
Keltic Gold - from Sue Proudfoot of Whalesborough Farm, Bude, Cornwall, pungent, earthy and soft
Cornish Smuggler - a super attractive-traditional cheddar-style cave aged cheese by Sue Proudfoot
Celtic Promise - raw-milk washed-rind cheese made by Caws Teifi, a family farm in the Teifi Valle. Supreme Champion twice at the British Cheese Awards

PLANT-BASED CHEESE SELECTION

Handmade artisan British organic plant-based cheeses, combining the highest quality organic nuts with traditional cheese-making cultures and processes.

Choice of Three £10 Choice of Five £15

Camblue - cashew based with a blue creamy centre and authentic camembert style rind. Gabrielle Le Coq
Apricot - delicious contrast of tangy and delicately sweet. Easy on the palette. Gabrielle Le Coq, London
Aged Dulse - well developed to a rich, umami flavour and medium-firm texture. Gabrielle Le Coq, London
Beer Washed Spruce Wrapped - tastes like a walk in a pristine Norwegian forest, by Gabrielle Le Coq
Tyne Original - luxuriously smooth and creamy and lends itself perfectly balanced, Tyne Chease, Newcastle
Tyne Truffle- a touch of white truffle, cultured and aged to bring a rich but exquisite flavour, by Tyne Chease

HAPPY COFFEE (25ml)

Irish (whisky) 9 French (brandy) 9 Italian (amaretto) 8

BRANDY (50ml)

Cognac VSOP Guy Pinard 8

Bas Armagnac Saoubi 10 Calvados VS Claque Pepin 7 Calvados Vieille Reserve Pepin 9

DESSERT WINE (50ml)

Piedra Luenga Jerez Fino - aged dry sherry 7.5

Hidalgo Pedro Ximenez - sweet sherry 7

Porto 'Terra Prima' Fonseca 7

Sauternes Château Dudon 7

Malbec Dulce Bousquet Argentina (stunning') 8

Heaven on Earth Muscat South Africa 9

Wines By The Glass **(For the full wine list, please visit the restaurant)**

Whites

Bohem by Latúe LA MANCHA - SPAIN 2019 £6.5 - £26
SAUVIGNON BLANC - AIRÉN Light and easy. Banana and apple aromas, fresh and fruity

Emiliana, Adobe Reserva MAIPO VALLEY - CHILE 2019 £7 - £28
CHARDONNAY Dry with citrus aromas and fruity apple palate. Light and fresh garden wine

NATURAL WHITES BY THE GLASS

A Thousand Fires Jauma MCLAREN - AUSTRALIA 2020 £10 - £41
MUSCAT, CHENIN BLANC Natural - no fining - biodynamic - no sulphite added - minimal intervention. Big tropical fruit and floral notes, dry but refreshing finish

Grechetto di Filippo UMBRIA I.G.T. - ITALY 2019 £12 - £48
GRECHETTO Unfiltered - no sulphate added - biodynamic - natural - minimum intervention. Bouquet of ripe fruits and spicy notes, soft tannins.

Orange

Baglio Antico ALCAMO, SICILY - ITALY 2019 £9 - £36
CATARRATTO Flavours of citrus peel, herbs and ginger with a well rounded rich texture and long finish. If you never tried orange wines, this is a great start

Reds

Les Petites Perdrix PÉRIGORD - FRANCE 2019 £6.5 - £26
MERLOT Young and balanced, full bodied with blackcurrant and strawberry nose, smooth palate

When We Dance CHIANTI DOCG - ITALY 2019 £8 - £32
SANGIOVESE, CANAIOLO, COLORINO No refining - low sulphite, biodynamic, minimal intervention. Black cherry aromas, sandalwood, cedar notes. Joyful with balanced citrus

NATURAL REDS BY THE GLASS

Virgin, Domain Bousquet TUPUNGATO UCO VALLEY - ARGENTINA 2019 £7.5 - £30
MALBEC No sulphites added, minimal intervention. Intense aromas of blackberry and chocolate with hint of plums. Award winning vineyard.

Like Raindrops Jauma MCLAREN - AUSTRALIA 2020 £12 - £48
GRENACHE No fining, no sulphite added, minimal intervention. Palate of raspberry punch and volcanic spice. Bouquet of violets and rose.

Rosè

Chateaux Ollieux Romanis CORBIÈRES, LANGUEDOC - FRANCE 2019 £8 - £32
GRENACHE GRIS, GRENACHE NOIR, CINSAULT Grown on jurassic limestone soil. Nuances of wild herbs, raspberries. Hint of sour cherry.

Sparkling

Prosecco Frizzante Sur Lie Giol DOC TREVISO VENETO - ITALY 2019 £9 - £40
GLERA No added sulphite - natural - minimal intervention - biodynamic. Notes of white peach and crusty bread, little cloudy, full-flavoured and dry

Hugh Fearnley-Whittingstall's River Cottage Oxney EAST SUSSEX - ENGLAND 2020 £12 - £55
PINOT NOIR, CHARDONNAY, PINOT MEUNIER, SEIVAL BLANC Delicate bubbles. Fresh with medium acidity and fruity finish of creamy peach. Elderflower and orchard aromas

We have a comprehensive list of wines by the bottle. All the wines we serve are organic. Most of them are biodynamic. We are proud to introduce a good selection of natural wines by the glass as well as by the bottle.

As a special for this season we have a Selection of Organic English Wines by the glass on offer, ranging from Horsmonden Dry, Silent Pool and River Cottage. The best of local.

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 to 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.