

STARTERS

Dulse Cake VG 12

DELIGHTFULLY CRUNCHY CAKE OF CASSAVA AND CORNISH DULSE SEAWEED
SERVED ON A SILKY CREAM OF VIOLINO DI RUGOSA SQUASH

Forest Floor Calamari VG GF 9.5

WILD KAONG SEED (THE CALAMARI OF THE FOREST) IN TEMPURA, DRESSED WITH TRADITIONAL JAPANESE RĀYU
SERVED WITH SALAD AND MOROCCAN PRESERVED LEMON

Pear and Pecorino Acquerello Risotto 12

12-MONTH AGED RISOTTO RICE COOKED WITH PEAR AND SERVED IN A PHYLLO PASTRY CASING WITH PECORINO CHEESE
PLANT-BASED VERSION AVAILABLE

Agnolotti in Sea Garden Bisque VG 15

ARTISAN PASTA FILLED WITH CRAB-OF-THE-WOODS, A FORAGED BRITISH MUSHROOM FROM NORFOLK'S THETFORD
FOREST, SERVED WITH A BISQUE MADE OF ALCOHOL-FREE PERNOD, RED DULCE ALGAE AND GOLDEN CARRAIGIN

Lady Quail of Norfolk 13

INSPIRED ON THE BEST OF BRITISH PRODUCE, POACHED QUAIL EGG FROM NORFOLK FARMS NESTED ON SMOKED
POTATO MOUSSE, ALL COVERED WITH SICILIAN GRAN KINARA VEGETARIAN PARMESAN AND GRATED BLACK TRUFFLE

Jackies VG GF 11

OUR NEWEST CREATION, A CROQUETE MADE OF CASSAVA, HARISSA AND JACKFRUIT (HENCE THE NAME WE GAVE IT),
FILLED WITH GRAVIOLA CREAM. SERVED WITH A TRIO OF MAYO: SAFFRON, WAKAME AND PINK PEPPERCORN

MAINS

Glazed Beefsteak Mushroom GF 28

ONE OF THE RAREST MUSHROOM THERE IS, FORAGED IN THE BRITISH ISLES, GLAZED WITH OUR 17-ROOT DEMI GLACE
SERVED WITH CARROT & CUPUAÇU MOUSSE AND SEASONAL VEGGIES
VEGAN VERSION AVAILABLE

Mangará in Scottish Whiskey Barrel Smoked Sea Salt GF VG 22

THE FLOWER OF BRAZILIAN BANANA TREE BRAISED IN COURT BOUILLON BEFORE SAUTÉED IN SEA SALT THAT WAS
SMOKED WITH RETIRED WHISKEY BARREL WOOD.
SERVED WITH HARISSA BALLS AND A CRĚMEUX MADE OF BLACK GARLIC AND DASHEEN

White Spiced GF 31

A FUSION OF NORDIC AND FRENCH CUISINES
A SELECTION OF SUPER VEGETABLES STEAMED AND SAUTEED, EVOLVED IN A SAVOURY WHITE CHOCOLATE SAUCE,
COVERED IN ORGANIC VEGETARIAN PARMESAN AND GRATED TRUFFLE
VEGAN VERSION AVAILABLE

Fillets of Trumpet Royale GF 25

COOKED IN MADAGASCAN GREEN PEPPERCORN SAUCE MADE WITH OUR 17-ROOT JUS, SERVED WITH
FRIED CASSAVA AND SALAD GARNISHING - VEGAN VERSION AVAILABLE

Assado Vegano GF 24

5 OF THE MOST NUTRITIOUS ROOTS IN THE PLANET, JOINED TOGETHER IN A DELICIOUS ROAST JOINT. SERVED WITH
CELERIAC MOUSSE, VEGETABLES COOKED IN OLIVE OIL, COFFEE & RED WINE JUS

DESSERTS

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

healthy decadence 9.5

SINGLE ORIGIN PERUVIAN CHOCOLATE PORCELAIN WITH SALTED CARAMEL, VANILLA ICE CREAM.
VEGAN BY NATURE, NAUGHTY BY CHOICE - GF/VG

black truffle crème brûlée with porcini ice cream 12.5

WE'VE CREATED TWO DIFFERENT VERSIONS OF THIS TREAT, ONE USING TRADITIONAL RECIPES, AND ANOTHER WITH PLANT-BASED
INGREDIENTS ONLY. PLEASE LET US KNOW IF YOU WANT THE PLANT-BASED VERSION. GF

dulce de leche beignet 10.5

BEIGNET PASTRY, DULCE DE LECHE SEMIFREDDO SERVED WITH A WARMAÇAÍ SAUCE VG

the cheesecake treatment 12

CHEESECAKE OF CUPUAÇU (A SUPER FOOD FRUIT FROM THE BRAZILIAN AMAZON FOREST) SERVED WITH SORBET MADE FROM THE
BRITISH NATIVE HAWTHORN BERRY. THESE ARE BOTH MEDICINAL BOTANICALS GF/VG

amazonian trio 8

AÇAÍ - CUPUAÇU - PITANGA

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. YOU MIGHT EVEN LIKE THEM - GF/VG

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, cider washed rind, nutty and unique savouriness, by Caws Cenarth. Supreme Champion at the British Cheese Awards

Perl Las - superb highly regarded organic blue cheese made by multi-award winner Caws Cenarth in Carmarthenshire, Wales

Keltic Gold - from Sue Proudfoot of Whalesborough Farm, Bude, Cornwall, pungent, earthy and soft. Multi award winner including Super Gold at the World
Cheese Awards and Gold at the British Cheese Awards

Cornish Smuggler - a super attractive-traditional cheddar-style cave aged cheese by Sue Proudfoot. Bronze at the British Cheese Awards

Miss Muffet - Sweet continental style, supple texture and nutty, from Sue Proudfoot of Whalesborough Farm. Bronze at the World Cheese Awards

THE FINEST PLANT-BASED CHEESE SELECTION

From Award Winner Gabrielle Le Cocq, Mouse's Favourite

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

Choice of Three £12 Choice of Five £17

APRICOLINA - delicious contrast of tangy and delicately sweet. Easy on the palette

CAMEMBERT - Winner of the Best Dairy-Free Cheese award. Authentic taste and a perfect rind due to use of real strains.

TRUE BLUE - Carefully crafted with traditional technics and the finest ingredients that creates a complex and robust flavours

BEER-WASHED RIND - "Tastes like a walk through a pristine Norwegian forest".

Fragrant earthiness, natural smokiness and a scent of pine needles.

CREAMY CLASSIC - Umami-rich flavour that comes from natural fermentation

with a dash of porcini for extra complexity and savoury notes

AFTER DINNER

HAPPY COFFEE (25ml)

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

BRANDY (25ml)

Cognac VSOP Guy Pinard 8
Bas Armagnac Saoubi 10
Calvados VS Claque Pepin 7
Limoncello 6

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

A Kitchen Without Walls

We're often told we're one of the best vegetarian restaurants around, but for us, it's about more than just accolades. We strive to create an enjoyable dining experience, serving honest, flavorful food and thoughtfully chosen wines.

We believe in serving exceptional food that nourishes both body and mind. We prioritize simple, delicious meals paired with thoughtfully selected wines, all while minimizing our impact on the planet, dining with a clear conscience, respecting both our guests and the environment.

We source the finest organic, biodynamic, and natural ingredients whenever possible, giving preference to local and European producers. While organic certification is our ideal, we also value those who practice sustainable methods even without the label, and embrace the bounty of wild ingredients.

Our wine list boasts a curated selection of organic wines from around the globe, with a particular focus on reviving the tradition of natural winemaking with our exciting range of orange wines.

When we opened our doors three years ago, our mission was to showcase the incredible flavors and diversity of plant-based cuisine. We avoid meat and eliminate the use of soy, reflecting our commitment to ethical and sustainable practices.

We're passionate about our ingredients and happy to discuss our choices with you. While we don't advocate for any particular dietary lifestyle, we offer a delicious alternative for those seeking a meat-free meal, whether it's a conscious choice or a simple desire to explore new culinary horizons.

We believe in enjoying good food and good company. Our dishes are vibrant, flavorful, and approachable, designed to surprise and delight.

Pair your meal with an uncompromisingly robust Italian red or a bold French orange wine. Our knowledgeable staff is happy to assist with wine pairings.

Come as you are and experience the potential of a plant-centric cuisine. You might just discover that you don't need meat as much as you think.

Amélio de Oliveira

Chef and Founder