

Oliveira Kitchen

(All our dishes are vegetarian. All can be made vegan upon request)

snacks

BELLA DI CERIGNOLA OLIVES £4

JACKIES VG | GF | £9

Crispy cassava, harissa, and jackfruit croquettes with a creamy graviola centre. Served with a trio of house-made mayos: saffron, wakame, and pink peppercorn.

BREAD & BUTTER £8.5 Freshly made everyday. Home agave and truffle butter. (Allow 10 mins)

OKINAWA PURPLE COXINHAS VG | £9 Our colourful vegan twist on Brazilian street food. Fried Okinawa sweet potato dough with a rich, chicken-of-the-wood filling.

STARTERS

ceviche of açai-tree hearts & forest floor calamari VG | £9.5

SEASIAN KAONG SEED (THE CALAMARI OF THE FOREST) HEART OF AÇAÍ-TREE FROM THE AMAZON FOREST, SERVED AS SALAD. DRESSED WITH TRADITIONAL JAPANESE RĀYU AND SARDINIAN 'MUSIC PAPER BREAD'.

aubergine panée & mango salad VG | £9.5

SEASONAL MEDITERRANEAN AUBERGINE, BREADCRUMBED DUSTED IN YUCA AND CHICKPEA FLOUR. ON A FRESH, ZESTY SALAD OF MANGO, ROCKET, AND AVOCADO.

wild british marshland risotto GF | £11

CREAMY RISOTTO WITH FORAGED MARSHLAND PLANTS: SALTY-FINGER, MARSH SAMPHIRE, SEA BEET, SEA ASTER, ROCK SAMPHIRE, SEA PURSLANE. WITH VEGETARIAN PARMESAN.

green asparagus, tataki & cupuaçu VG | GF | £11

BRITISH ASPARAGUS, MARINATED IN HOMEMADE SOY-FREE TATAKI. SERVED WITH CHAYOTE AND A RICH CUPUAÇU PÂTÉ.

lady quail of norfolk £13

PERFECTLY POACHED QUAIL EGG FROM NORFOLK, NESTLED ON SMOKED POTATO MOUSSE. FINISHED WITH SICILIAN GRAN KINARA VEGETARIAN PARMESAN AND GRATED BLACK TRUFFLE.

MAINS

Lion's Mane Glazed in Vermouth Demi-Glace GF | £24

RARE BRITISH LION'S MANE MUSHROOM, GLAZED WITH OUR 17-ROOT DEMI-GLACE AND ORGANIC VERMOUTH REDUCTION. SERVED WITH CARROT & CUPUAÇU PURÉE AND DAIKON "MEAT RADISH."

black trumpet & truffle cassava beignet VG | £19

CRISPY CASSAVA BEIGNETS FILLED WITH BLACK TRUMPET MUSHROOM & TRUFFLE. WITH SILKY BROAD BEAN MOUSSELINE, COURGETTES.

miss muffet & the cornish smuggler £24.00

TWO AWARD-WINNING ORGANIC BRITISH CHEESES BY CORNWALL'S SUE PROUDFOOT, TOSSED WITH HANDMADE TROFIE PASTA IN ARTICHOKE AND ENDIVE SAUCE, FINISHED WITH SICILIAN GRAN KINARA VEGETARIAN PARMESAN AND SPANISH BLACK TRUFFLE.

assado vegano in graviola sauce GF | VG | £21

OUR SIGNATURE JOINT OF RARE ROOTS, SLOW-STEAMED FOR 8 HOURS UNTIL MELTINGLY TENDER, THEN LIGHTLY SAUTÉED IN FRAGRANT BEURRE NOISETTE. SERVED WITH A VIBRANT GRAVIOLA SAUCE, CREAMY CANNELLINI MOUSSE, CLASSIC POMME FONDANT, AND TENDERSTEM BROCCOLI.

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.

chocolate and pitanga 10.5

SINGLE ORIGIN PERUVIAN CHOCOLATE GANACHE WITH PITANGA ICE CREAM

VEGAN BY NATURE, NAUGHTY BY CHOICE - GF/VG

black truffle crème brûlée with porcini icecream 12.5

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

dulce de leche beignet 9

BEIGNET PASTRY, DULCE DE LECHE SEMIFREDDO SERVED WITH A WARM AÇAÍ SAUCE 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

Peri 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 techniques 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

DESSERT WINE (50ml)

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

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