

# ALL·BAR·ONE

## VEGANUARY MENU

AVAILABLE THROUGHOUT JANUARY & FEBRUARY  
2 COURSES £12.95 / 3 COURSES £15.95

### Limited Edition

🍏 = contain one or more of your 5 a day, ❤️ = all of these dishes are 500 calories or less

#### SMALL PLATES

##### DUO OF HUMOUS 6.50

Classic and pumpkin & apple humous with crisp tortilla chips

##### CHILLI 'NON' CARNE TACOS 6.50 🍏

Crushed avocado, chilli 'non' carne and a nacho crumb

##### CHIPOTLE BANANA BLOSSOM BITES 6.50 ❤️

**My favourite dish! Picked by Vegan chef and influencer @brettcobley**

With coconut dressing and pomegranate



##### ROASTED RAINBOW CARROTS 5.95

With a sesame, coriander & lime chilli dressing

##### VEGETABLE TEMPURA 6.50 ❤️

Courgette, padrón peppers and cauliflower in tempura batter with a creamy curried mango dip



#### MAINS

##### CANDIED NUT ROAST 11.50 🍏

**My favourite dish! Picked by Vegan influencer and foodie @thelittlelondonvegan**

Root vegetables and beetroot topped with pecans, cashews and cranberries served with a pumpkin & apple humous, asparagus, beluga lentils, sage pesto and watercress



##### SUPERGREEN NOODLE LAKSA 9.95 🍏

*Rich in vitamin C and folate*

Flat rice noodles, spiced coconut sauce with pak choi, broccoli, spinach and beansprouts

Add tofu £2.00

##### POWER OF FIVE RISOTTO\* 9.95 🍏

Risotto served with pan fried greens, butternut squash, aubergine, mushroom and peppers, toasted sesame seeds and miso sauce

Add tofu £2.00

##### THE PLANT BASED BURGER 14.95 🍏

*Low in saturated fat*

The revolutionary Beyond Meat® burger that looks and cooks like meat. Plant-based patty served with a dairy-free Gouda style cheese alternative, vegan mayonnaise, lettuce, tomato and crispy onions in a seeded bun with seasoned fries

£3 set menu supplement

##### PLANT-BASED LASAGNE 11.95 🍏

Topped with roasted butternut squash, peppers, courgette & breadcrumbs

##### ROASTED BUTTERNUT SQUASH SALAD 8.95 ❤️

*High in vitamin A, vitamin C and folate*

Spinach, asparagus, flamed peppers, cherry tomatoes, spring onions, beluga lentils, humous, pomegranate & a creamy vegan dressing

Add tofu £2.00

##### BBQ JACKFRUIT QUESADILLA 7.95

Served in a beetroot & chia seed wrap with a dairy-free Gouda style cheese alternative served with rocket and seasoned fries



#### DESSERTS

##### RASPBERRY & COCONUT SORBETS 3.95

With fresh berries & mint

##### BISCOFF CHEESECAKE 6.50

With banana & toffee sauce

##### TRIPLE CHOCOLATE TORTE 5.95

Blueberry compote & coconut iced sorbet



TURN OVER FOR LIMITED EDITION  
VEGAN AND LOW CALORIE DRINKS

Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or you require our allergen information, please let us know before ordering. All dishes on our Veganuary menu are made with vegan ingredients, however some of our preparation and cooking methods could affect this. If you require more information, please ask your server. † This dish contains alcohol.

A FRESH START TO THE NEW YEAR

VEGANUARY

# MINDFUL DRINKING

## Limited Edition

ALL DRINKS ON THIS MENU ARE SUITABLE FOR VEGAN AND VEGETARIAN


### DELICIOUS FEEL GOOD DRINKS

#### DA-SH WATER

330ml

British sparkling spring water infused with wonky fruit & vegetables with a natural lift without the sugars, fake flavours or calories

No sugar, no sweeteners

🍷 INFUSED WITH CUCUMBER 

0 kcal

🍷 INFUSED WITH RASPBERRY 

4 kcal

RASPBERRY, APPLE & ROSE REFRESHING JUICE 

200ml

Delightfully refreshing and only 30 calories in a 200ml serve.

Garnished with raspberries

### FRESHLY BLENDED SMOOTHIES

#### SUPER C SMOOTHIE

Passionfruit, pineapple and mango

#### AVO-GO-GO SMOOTHIE

Spinach, avocado, ginger and lime

#### BERRY BLAST SMOOTHIE

Strawberry, raspberry and blackberry

#### EQUINOX ORIGINAL KOMBUCHA

275ml

A traditional fermented drink made from green tea and yeast.

0.5% VOL

### NO ALCOHOL

#### 🍷 SEEDLIP GROVE 42

*"What to drink when you're not drinking"™*

Seedlip Grove 42 paired with soda water, garnished with orange

0.0% VOL

#### OLD MOUT ALCOHOL FREE CIDER

500ml

Berries & Cherries

NEW ZEALAND 0.00% VOL

#### PERONI LIBERA

330ml

Alcohol Free Lager

ITALY 0.0% VOL

### WINES

#### CAVES DE FLEURIE BEAUJOLAIS

Light, fresh and full of strawberry flavour.

FRANCE 13% VOL

### DOWNLOAD AND REGISTER ON OUR APP

Get a free drink from our Vegan range when you download our app and register this January and February\*

### TURN OVER FOR OUR LIMITED EDITION VEGAN DISHES

\*Selected drinks available only. Please refer to T&Cs on our app and website for the drinks included in this offer.

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VEGANUARY

