



SET MENU

Here at Food for Friends we pride ourselves on cooking seasonal vegetables with as little intervention as possible to allow the true flavours of beautiful produce. With regular changing menus and seasonal specials our food is always adapting but a passion and pride remains throughout the seasons. All our menu is gluten-free and vegan unless stated with (G) and (V)

TO START

CRISPY TOFU Tamari marinated tofu with a chilli and ginger sauce	8.0
NUTS (N) Mixed selection of nuts roasted in spices	5.0

SMALL PLATES

SOUP OF THE DAY (G)(GFO) Daily changing soup served with toasted sourdough	7.0
HARISSA CARROTS Maple and harissa roasted chantenay carrots, with carrot hummus, smoked carrot salad and tamari seeds	9.0
MISO AUBERGINE Miso roasted aubergine salad with buckwheat tabouleh and whipped feta	10
OYSTER MUSHROOMS Crispy oyster mushrooms served with harissa aioli and courgette in a rosemary lemon vinaigrette	10
BURRATA (V) A Sicilian olive and pine nut caponata topped with Burrata crispy red onion	9.0

LARGE PLATES

CELERIAC WELLINGTON (G)(N) Celeriac and hazelnut Wellington with celeriac puree, seasonal greens and a red wine jus, and truffle caper dressing	18
GARDEN BOWL A vibrant daily changing mix of seasonal salads served with falafel and mixed leaves	15
HOUSE BURGER (V)(VEO)(G)(GFO) A kale, and falafel patty with red cabbage and dill slaw, harissa aioli, crispy red onion and cheese served with chunky chips	18
HASSELBACK SQUASH Hasselback roasted butternut squash with miso-roasted chickpeas, roasted red pepper, spinach and parsley puree	16
MUSHROOM RIGATONI (G) Rigatoni with a white wine and wild mushroom sauce, sauteed oyster mushroom, tarragon and sunflower seed pesto	18
HARISSA CAULIFLOWER Harissa roasted cauliflower with saffron rice, beetroot and pomegranate slaw and dukkha seeds	17

SIDES

CHIPS Lightly seasoned chunky chips with a harissa aioli	5.0
GARLIC SOURDOUGH (G)(GFO) Confit garlic-coated sourdough topped with salsa verde	5.0
MIXED SALAD A fresh mix of herbs and seasonal baby leaves topped with tamari seeds and a rosemary lemon vinaigrette	5.0
NEW POTATOES Lemon-roasted crispy new potatoes served with salsa verde	6.0

(G)/(GFO) - Gluten/Gluten Free Option, (N)/(NFO) Nut/Nut free, (V) -Vegetarian

If you have any allergies, please inform a member of staff. An optional 12.5% service charge is automatically applied to your bill