

Herbies

STARTERS

MIXED OLIVES (VG) (GF)	£3.95
DAHL AND NAAN BREAD (VG) (GFO)	£7.50
HOUMOUS AND GARLIC BREAD (VG)	£7.50
TUSCAN MUSHROOMS & FOCACCIA BREAD (VG) (GFO)	£7.50
Creamy Mushrooms, sundried tomatoes and salsa verde	
WHITE BEAN AND PISTACHIO PATE & FLAT BREAD (VG) (N) (GFO)	£7.50
SOUP with...	
GRANARY ROLL (VG) (GFO)	£6.95
GARLIC BREAD (VG)	£7.50
CHEESY GARLIC BREAD (VG)	£7.95
SALSA VERDE GARLIC BREAD (VG)	£7.95
Please see the board for today's soup	

MAINS

THREE BEAN CHILLI (VG) (GF)	£13.95
With mushrooms and corn, spiced with cayenne and cumin. Served with brown rice, sour cream and pico de gallo	
BUDDHA BOWL (VG) (GFO)	£15.50
Spinach, sundried cherry tomatoes, couscous, houmous salsa verde, roasted vegetables, piquanté peppers, avocado and toasted seeds with toasted pitta	
Add Feta or Vegan Feta - £1.50	
TLT CIABATTA (VG) (GFO)	£12.75
Smoked paprika tofu, lettuce, tomato and mayo, served with a choice of jacket wedges or a trio of salads. Please see the board for today's salads	
NACHO SUPREME (VG) (GF)	£16.95
Tortilla chips, with bean chilli, melted cheese and jalapeños topped with sour cream, guacamole, salsa and pico de gallo	

NUT BURGER or JACKFRUIT, BEET & BEAN BURGER (N) (VG) (VG) (GFO)	£15.50
In a multigrain bun, topped with tomato relish served with homemade mayo and either of jacket wedges or a trio of salads. Please see the board for today's salads	

Add a little something extra - £1.00 Each
Cheese • Vegan Cheese • Avocado • Crispy Onions

ROASTED PEPPER AND RED LENTIL LASAGNE (VG)	£15.95
Served with a choice of jacket wedges or mixed salad. Please see the board for today's salads	
FALAFEL WRAP (VG)	£12.75
With green salad, tahini sauce and chilli jam, served with a choice of jacket wedges or a trio of salads. Please see the board for today's salads	
ROAST VEG & HOUMOUS FOCACCIA (VG) (GFO)	£12.75
Roasted vegetables and homemade humous in toasted focaccia bread with choice of jacket wedges or mixed salad. Please see the board for today's salads	
KARI SAYUR (VG) (GF)	£13.95

A fragrant Malaysian inspired curry with yellow split peas, butternut squash, peppers and sugar snaps. Served with sticky rice, topped with bean shoots and fresh coriander

WARM VEGETABLE SALAD (VG) (N) (GF)	£13.95
Roasted mediterranean vegetables, feta cheese and pine nuts on a bed of green leaves dressed with olive oil and balsamic	
CARROT AND CASHEW NUT LOAF (VG) (N)	£15.95

Served with wild mushroom sauce and a choice of jacket wedges or a trio of salads. Please see the board for today's salads

SIDES

GARLIC BREAD (VG)	£3.95
CHEESY GARLIC BREAD (VG)	£4.50
SALSA VERDE GARLIC BREAD (VG)	£4.50
MIXED SALAD (VG)	£4.25
Please see the boards for today's salads	
JACKET WEDGES (VG) (GF)	£3.95
BROWN RICE (VG) (GF)	£3.00

PLATTERS & SHARING BOARDS

CHIPS AND DIPS (VG) (GF)	£10.50
Tortilla chips topped with melted cheese, sour cream, guacamole, salsa, pico de gallo and jalapeños	
MEDITERRANEAN DIPPING BOARD (VG) (GFO)	£10.50
Tzatziki, houmous, white bean pate, salsa verde and mixed olives with pitta and focaccia bread	
BREAD AND OLIVE BOARD (VG)	£8.95
Focaccia, ciabatta and mixed olives with oil, balsamic cornish sea salt and cracked black pepper	
MEDITERRANEAN PLATTER (VG) (GFO)	£15.95
Tzatziki, houmous, falafel, sundried cherry tomatoes, white bean pate, salsa verde and mixed olives with pitta, focaccia and ciabatta bread	

DESSERTS

CHOCOLATE, BISCOFF + AMARETTO TORTE (VG)	£7.50
STICKY TOFFEE PUDDING (VG) (GF)	£7.50
FRUIT CRUMBLE (VG)	£7.50
TREACLE AND PECAN TART (VG) (N)	£7.50
GINGER AND CITRUS CHEESECAKE (VG) (GF)	£8.50
All served with a choice of ice cream (VG) soya cream (VG) custard (VG) or clotted cream	
BROWNIE AND ICE CREAM (VG) (N)	£6.95
AFFOGATO (VG)	£6.95
Vanilla ice cream, espresso and biscotti Add a shot of amaretto £2.00	
HEAVEN IN DEVON (VG) (N)	£8.75
Devon fudge ice cream, chocolate brownie, vanilla sauce topped with clotted cream and a biscuit thin	
FLAPJACK	£2.95
Fruit & nut (VG) (N) or plain (VG) (GFO)	

If you have any allergies or dietary requirements, please be sure to make them known to staff at the time of ordering as some dishes may contain additional ingredients. We use allergens in our kitchen and due to its small size we cannot guarantee against cross contamination

(N) Contains nuts (VG) Vegan (VG) Vegan option - Please ask (GF) Gluten free (GFO) Gluten free option - please ask

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SOFT DRINKS

FRESH ORANGE JUICE	£2.75
CRANBERRY JUICE	£2.75
HERON VALLEY PEAR + APPLE JUICE	£2.75
HERON VALLEY APPLE JUICE	£2.75
JUICE 50/50 WITH SPARKLING WATER	£3.50
HERON VALLEY GINGER BEER 275ml	£3.50
DEVONIA SPRING WATER 330ml Sparkling or Still	£2.20
SPARKLING ELDERFLOWER CORDIAL	£3.50
FENTIMANS CURIOSITY COLA 275ml	£3.50
HERON VALLEY PINK LEMONADE 275ml	£3.50
FRUIT MILKSHAKE  Banana or strawberry	£3.50
ALL FRUIT SMOOTHIES  Mango & passion fruit or strawberry & banana	£3.75

HOT DRINKS

AMERICANO	£2.25
ESPRESSO	£2.25
DOUBLE ESPRESSO	£3.50
CAPPUCCINO	£2.80
LATTE	£2.95
DECAFFEINATED COFFEE	£2.25
Our coffee beans are 	
BARLEY CUP	£2.80
DIVINE HOT CHOCOLATE 	£3.25
FAIRTRADE BREAKFAST TEA 	£2.25
LEMON TEA	£2.25
FENNEL TEA	£2.25
LOOSE LEAF TEAS	£3.25
-Peppermint	-Camomile Flower
-Red Bush	-Berry Berry
-Earl Grey	-Green
-Assam	-Decaffeinated
-Darjeeling	

All hot drinks are available with a choice of dairy, oat or soya milk

ORGANIC + NATURAL WINES

	175ml	250ml	Bottle
WHITE			
MOONLIGHT WHITE  Chenin Blanc, South Africa	£6.50	£8.25	£23.00
BORDEAUX BLANC, FRANCE Sauvignon Semillon, Juicy fruit flavours	£7.95	£9.75	£27.50
VERDEJO PARRA, LA MANCHA SPAIN A clean and characterful dry white	£7.25	£9.00	£25.95
CIELLO BIANCO, SICILY ITALY  Unfiltered Catarratto, with notes of apple and pink grapefruit	£7.95	£9.75	£27.50
SPARKLING			
PROSECCO FRIZZANTE, VENETO ITALY Fresh apple and grape flavours	£7.25		£27.95
PAGO DE THARSYS, BRUT NATURE, VALENCIA  Easy drinking, fine bubbles + fresh citrus notes			£29.95
ROSÉ			
MOONLIGHT ROSÉ  Blush, fruity yet dry, South Africa	£6.50	£8.25	£23.00
HENRI NORDAC, LANGUEDOC FRANCE  Cinsault, with fresh strawberry and zingy fruit flavours	£7.95	£9.75	£27.50
RED			
MOONLIGHT RED  Shiraz, South Africa	£6.50	£8.25	£23.00
CAMINO TINTO, LA MANCHA SPAIN Tempranillo, soft and rounded	£7.25	£9.00	£25.95
PERLAGE MERLOT, VENETO ITALY Soft and velvety with forest fruit nose	£7.25	£9.00	£25.95
MADREGALE ROSSO, ABRUZZO ITALY  Montepulciano-Sangiovese, fresh and lively	£7.95	£9.75	£27.50



Our collection of natural wines are produced by small, independent winemakers, using traditional methods and low intervention to create unadulterated wines, rich in flavour.

LAGERS AND BEERS

SPEAK EASY PALE ALE, POWDERKEG EXMOUTH	330ml	£4.95
UTOPIAN LAGER, BOW DEVON	440ml	£5.75
AVOCET ALE, EXETER BREWERY	500ml	£5.75
DEVON RED CIDER, SANDFORD ORCHARD	500ml	£5.75
IPL 'ITS PROPER LAGER', EXETER BREWERY	330ml	£4.95
SAM SMITHS ORGANIC PALE ALE	550ml	£5.95
BUDWEISER BUDVAR, CZECH REPUBLIC	330ml	£4.75
BECKS BIER, GERMANY	275ml	£3.75
BECKS ALCOHOL FREE	275ml	£3.50