

Herbies

STARTERS

MIXED OLIVES (V) (GF)	£3.50
DAHL AND NAAN BREAD (V) (GF)	£6.25
HOUMOUS AND GARLIC BREAD (V)	£6.25
TUSCAN MUSHROOMS & FOCACCIA BREAD (V) (GF)	£6.25
Creamy Mushrooms, sundried tomatoes and salsa verde	
WHITE BEAN AND PISTACHIO PATE & FLAT BREAD (V) (N) (GF)	£6.25
SOUP with...	
GRANARY ROLL (VO) (GF)	£5.75
GARLIC BREAD (V)	£6.25
CHEESY GARLIC BREAD (VO)	£6.50
SALSA VERDE GARLIC BREAD (V)	£6.50
Please see the board for today's soup	

PLATTERS & SHARING BOARDS

CHIPS AND DIPS (VO) (GF)	£7.95
Tortilla chips topped with melted cheese, sour cream, guacamole, salsa, pico de gallo and jalapeños	
MEDITERRANEAN DIPPING BOARD (VO) (GF)	£7.95
Tzatziki, houmous, white bean pate, salsa verde and mixed olives with pitta and focaccia bread	
BREAD AND OLIVE BOARD (V)	£7.50
Focaccia, ciabatta and mixed olives with oil, balsamic cornish sea salt and cracked black pepper	
MEDITERRANEAN PLATTER (VO) (GF)	£12.25
Tzatziki, houmous, falafel, sundried cherry tomatoes, white bean pate, salsa verde and mixed olives with pitta, focaccia and ciabatta bread	

DESSERTS

CHOCOLATE AND ORANGE TORTE (V) (GF)	£6.25
STICKY TOFFEE PUDDING (V) (GF)	£6.25
FRUIT CRUMBLE (V)	£6.25
TREACLE AND PECAN TART (V) (N)	£6.25
GINGER AND CITRUS CHEESECAKE (V)	£6.25
All served with a choice of ice cream (V) soya cream (V) custard (V) or clotted cream	
BROWNIE AND ICE CREAM (V) (N)	£5.95
AFFOGATO (V)	£5.95
Vanilla ice cream, espresso and biscotti Add a shot of amaretto £2.00	
HEAVEN IN DEVON (VO) (N)	£7.50
Devon fudge ice cream, chocolate brownie, vanilla sauce topped with clotted cream and a biscuit thin	
FLAPJACK Fruit & nut (V) (N) or plain (V) (GF)	£2.75

MAINS

THREE BEAN CHILLI (VO) (GF)	£11.25
With mushrooms and corn, spiced with cayenne and cumin. Served with brown rice, sour cream and pico de gallo	
BUDDHA BOWL (V) (GF)	£11.95
Spinach, sundried cherry tomatoes, couscous, houmous salsa verde, roasted vegetables, artichokes, avocado and toasted seeds with toasted pitta	
Add Feta or Vegan Feta - £1.00	
TLT CIABATTA (V) (GF)	£10.50
Smoked paprika tofu, lettuce, tomato and mayo, served with a choice of jacket wedges or mixed salad. Please see the board for today's salads	
NACHO SUPREME (VO) (GF)	£12.95
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) (V) (V) (GF)	£11.95
In a multigrain bun, topped with tomato relish served with mayo and a choice of jacket wedges or mixed salad. Please see the board for today's salads	
Add a little something extra - £1.00 Each Cheese • Vegan Cheese • Avocado • Crispy Onions	
SPINACH AND MUSHROOM LASAGNE (V)	£12.25
Served with a choice of jacket wedges or mixed salad. Please see the board for today's salads	
FALAFEL WRAP (V)	£10.50
With green salad, tahini sauce and chilli jam, served with a choice of jacket wedges or mixed salad. Please see the board for today's salads	
ROAST VEG & HOUMOUS FOCACCIA (V) (GF)	£10.50
With a choice of jacket wedges or mixed salad. Please see the board for today's salads	
KARI SAYUR (V) (GF)	£11.25
A fragrant Malaysian style 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 (VO) (N) (GF)	£10.95
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 (V) (N)	£12.25
Served with wild mushroom sauce and a choice of jacket wedges or mixed salad. Please see the board for today's salads	

SIDES

GARLIC BREAD (V)	£3.25
CHEESY GARLIC BREAD (VO)	£3.75
SALSA VERDE GARLIC BREAD (V)	£3.75
MIXED SALAD (V)	£3.50
Please see the boards for today's salads	
JACKET WEDGES (V) (GF)	£3.25
BROWN RICE (V) (GF)	£2.75

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 (V) Vegan (VO) Vegan option - Please ask (GF) Gluten free (GFC) Gluten free option - please ask

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SOFT DRINKS

FRESH ORANGE JUICE	£2.50
CRANBERRY JUICE	£2.50
HERRON VALLEY PEAR + APPLE JUICE	£2.50
HERRON VALLEY APPLE JUICE	£2.50
JUICE 50/50 WITH SPARKLING WATER	£3.25
HERON VALLEY GINGER BEER 275ml	£3.25
DEVONIA SPRING WATER 330ml Sparkling or Still	£2.00
SPARKLING ELDERFLOWER CORDIAL	£3.25
FENTIMANS CURIOSITY COLA 275ml	£3.25
HERON VALLEY PINK LEMONADE 275ml	£3.25
DAIRY, SOYA OR ALMOND MILK	£1.95
FRUIT MILKSHAKE (VO) Banana or strawberry	£3.25
ALL FRUIT SMOOTHIES (V) Mango & passion fruit or strawberry & banana	£3.50

ORGANIC WINE (V)

	175ml	250ml	Bottle
WHITE			
MOONLIGHT (Fairtrade)  Chenin Blanc, South Africa	£5.70	£6.95	£19.75
BORDEAUX BLANC Sauvignon Semillon, Juicy fruit flavours	£6.50	£8.25	£24.00
VERDEJO PARRA A clean and characterful dry white	£6.00	£7.50	£21.00
LA MAROUTTE VIOGNIER Easy drinking with ripe apricot hints	£6.25	£7.75	£22.50
PROSECCO FRIZZANTE	£6.95		£26.00
ROSÉ			
MOONLIGHT (Fairtrade)  Fruity yet dry rosé. South Africa	£5.70	£6.95	£19.75
CAMINO ROSADO Summer fruit flavours	£6.00	£7.50	£21.00
RED			
MOONLIGHT (Fairtrade)  Shiraz, South Africa	£5.70	£6.95	£19.75
CAMINO TINTO Spanish tempranillo, soft and rounded	£6.00	£7.50	£21.00
PERIAGE MERLOT Soft and velvety with forest fruit nose	£6.25	£7.75	£22.50
ECOLOGICA SHIRAZ MALBEC  An Argentinean classic with mature fruits and spicy notes	£6.50	£8.25	£24.00

HOT DRINKS (VO)

AMERICANO	£1.95
ESPRESSO	£1.95
DOUBLE ESPRESSO	£2.95
CAPPUCCINO	£2.40
LATTE	£2.60
DECAFFEINATED COFFEE	£1.95
Our coffee beans are fairtrade 	
BARLEY CUP	£2.40
DIVINE HOT CHOCOLATE	£2.75
FAIRTRADE INDIAN TEA 	£1.95
LEMON TEA	£1.95
FENNEL TEA	£1.95
DARJEELING TEA	£1.95
LOOSE LEAF TEAS	£2.75
Peppermint	Camomile Flower
Red Bush	Berry Berry
Earl Grey	Green
Assam	Decaffeinated

LAGERS AND BEERS

BUDWEISER BUDVAR, CZECH REPUBLIC	330ml	£4.50
BECKS BIER, GERMANY	275ml	£3.50
FREEDOM ORGANIC, HELLES LAGER	330ml	£4.50
BECKS ALCOHOL FREE	275ml	£3.25
UTOPIAN LAGER, DEVON	440ml	£5.50
SAM SMITHS ORGANIC PALE ALE	550ml	£5.75
AVOCET ALE, EXETER BREWERY	500ml	£5.25
DEVON RED CIDER, SANDFORD ORCHARD	500ml	£5.25
IPL 'ITS PROPER LAGER', EXETER BREWERY	330ml	£4.50

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