

## SMALL PLATES

**Salmon, Sweet Potato & Quinoa Croquettes, Miso Mayo, Pickled Cucumber Salsa, Micro Watercress, Spring Onion**  
 GLUTEN FREE | NUT FREE | GUT FRIENDLY | (CF) (SY) (SU)

**12** Pan fried Sea Bass served with Asparagus, Pea & Lemon Buckwheat Risotto, Mint Salsa Verde, English Watercress, Grilled Yellow Courgette  
 GLUTEN FREE | DAIRY FREE | HIGH ANTI-OXIDANTS | HIGH PROTEIN (F)

**Turmeric Roasted New Potatoes and Cauliflower Florets, English Watercress, Lemon & Mint Yoghurt Dressing, Toasted Mixed Seeds & Radish**  
 GLUTEN FREE | NUT FREE | VEGAN | ANTI-INFLAMMATORY

**10.5** Vegetable Thai Green Curry, Spring Onion, Chilli & Coriander with Brown Rice  
 Add prawns + 4.75 (CF) Add Tofu + 4  
 (SY) VEGAN OPTION | GLUTEN FREE | NUT FREE | HIGH ANTI-OXIDANTS | ANTI-INFLAMMATORY

**Roasted Candied & Golden Beetroot, Fresh Orange, Rocket, Elderflower Dressing, Crumbled Vegan Feta, Crushed Toasted Pecans**  
 GLUTEN FREE | VEGAN | HIGH ANTI-OXIDANTS | (N)

**10.5** Spiced Tropical Salmon Fillet & Mango Rice Bowl served with Mango Salsa, Coconut Brown & Wild Rice, Avocado Slaw, Mixed Bean Salad & Coriander Cress  
 GLUTEN FREE | NUT FREE | DAIRY FREE | HIGH PROTEIN | OMEGA 3 | (F)

**Rice Paper Spring Rolls with Fresh Fruit & Veg, Hemp Seeds, Almond Dipping Sauce**  
 GLUTEN FREE | VEGAN | HIGH FIBRE | HYDRATION | (N) (SE) (S)

**10.5** Yeotown Signature Vegan Burger featuring our Homemade Mushroom, Lentil, Quinoa & Caramelised Onion Patty, Vegan Brioche Bun, Lettuce, Red Onion, Tomato & Vegan Mayo served with Air Fried Chips & Avocado Slaw  
 +Add vegan cheese + 2.5  
 VEGAN | HIGH PROTEIN | HIGH FIBRE | HEART HEALTH | (N)

**Sweet Potato Gnocchi, Cauliflower Puree, Shitake & Oyster Mushrooms, Spinach & Candied Pecans**  
 GLUTEN FREE | VEGAN | HIGH ANTI-OXIDANTS | GUT FRIENDLY | (N) (SY)

**10.5** BBQ Cauliflower Wings served with Cauliflower Rice, Oriental Cashew Dipping Sauce, Broccoli & Toasted Coconut  
 VEGAN | HIGH FIBRE | HIGH ANTI-OXIDANTS | (N) CASHES (SE) (SY)

**Kale & Spinach Salad, Vegan Caesar Dressing, Asparagus, Garden Peas, Herb Sourdough Croutons, Walnut Parmesan**  
 GLUTEN FREE | VEGAN | HIGH VITAMIN C | HIGH ANTI-OXIDANTS. (N) (G)

**19** Yeotown Spring Bowl with Mixed Grains Quinoa, Brown & Wild Rice, Avocado, Rocket, Beetroot, Homemade Hummus  
 VEGAN | NUT FREE | HIGH FIBRE | HIGH ANTI-OXIDANTS

## MAINS PLATES

**12.5** Chia & Oat Matcha Waffle, Blonde Chocolate Sauce, Strawberry, Mango & Kiwi Salsa, Flaked Almonds & Vanilla Ice-Cream  
 VEGAN | HIGH PROTEIN | GLUTEN FREE | (N) (NFO)

**13** Strawberry & Rhubarb Crumble Sundae with Homemade Strawberry & Rhubarb Compote, Orange Blossom Yoghurt, Vanilla Ice Cream & Oat Crumble  
 VEGAN | NUT FREE | GLUTEN FREE

**12.5** Chocolate & Salted Caramel Pot with Chocolate Mousse, Date Salted Caramel, Raspberry Coulis & Pistachio Crumb  
 VEGAN | HIGH PROTEIN | GLUTEN FREE | (N) (SY) (SU) (NFO)

**11.5** Fruit Medley Mixed with Fresh Seasonal Fruit, Turmeric Orange & Passion Fruit Cashew Cream, Raspberry Coulis  
 VEGAN | HIGH ANTI-OXIDANTS | ANTI-INFLAMMATORY. (N) (SU)

### Nice Cream

Ask us for today's flavours.

One Scoop 3 Two Scoops 5

## SIDES

Edamame (SY) 4

Kimchi 4.75

Hummus & Spiced Baked

Pitta Crisps (G)(SS) 4.75

Air Fried Chips 6

with choice of Chilli Mayo or

Truffle Mayo (SU)

**Allergen Guide Celery (C) - Gluten (G) - Mustard (M) - Nuts (N) - Peanuts (PN) - Sesame (S) - Sulphates (SU) Soya (SY) - Fish (F) - Eggs (CE) - Vegan (VG) - Gluten Free (GF) - Nut Free Option (NFO)**

Disclaimer: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.