VEGAN MENU

GARLIC PIZZA BREAD with TOMATO 931 kcal £5.45 GARLIC PIZZA BREAD £5.65 with VEGAN MOZZARELLA 1104 kcal ½ VEGAN MOZZARELLA ½ TOMATO 1021 kcal £6.25 FRESH BAKED BAGUETTE, EXTRA VIRGIN OLIVE OIL & BALSAMIC VINEGAR 752 kcal £2.95 with MIXED OLIVES 860 kcal £4.45 MIXED OLIVES 108 kcal £2.95 STARTERS GARLIC MUSHROOMS £5.45 GARLIC MUSHROOMS £5.45 COURGETTE & SWEETCORN FRITTERS n £5.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n £11.45 MOROCCAN FALAFEL n £11.95 MOROCCAN FALAFEL n £11.95 MOROCCAN FALAFEL n £11.95 MOROCCAN FALAFEL n £11.95 WEGETABLE PAELLA £9.95 Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE INGUINE £9.95 Roasted Mediterranean vegetables & tomato sauce 715 kcal	APPETISERS	
with VEGAN MOZZARELLA 1104 kcal Ve VEGAN MOZZARELLA & Ve TOMATO 1021 kcal 6.25 FRESH BAKED BAGUETTE, EXTRA VIRGIN OLIVE OIL & BALSAMIC VINEGAR 752 kcal 62.95 with MIXED OLIVES 860 kcal 64.45 MIXED OLIVES 108 kcal 62.95 STARTERS GARLIC MUSHROOMS 63 Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n 6.5.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA 63.95 & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n 6.11.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n 6.11.95 MOROCCAN FALAF	STONEBAKED GARLIC PIZZA BREAD 923 kcal	£4.45
with VEGAN MOZZARELLA 1104 kcal ½ VEGAN MOZZARELLA & ½ TOMATO 1021 kcal 26.25 FRESH BAKED BAGUETTE, EXTRA VIRGIN OLIVE OIL & BALSAMIC VINEGAR 752 kcal 22.95 with MIXED OLIVES 860 kcal 24.45 MIXED OLIVES 108 kcal 22.95 STARTERS GARLIC MUSHROOMS 25.45 Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n 25.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA 23.95 MAIN COURSES COURGETTE & SWEETCORN FRITTERS n 211.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n 211.45 MOROCCAN FALAFEL n 211.95 MOROCCAN FA	GARLIC PIZZA BREAD with TOMATO 931 kcal	£5.45
FRESH BAKED BAGUETTE, EXTRA VIRGIN OLIVE OIL & BALSAMIC VINEGAR 752 kcal £2.95 with MIXED OLIVES 860 kcal £4.45 MIXED OLIVES 108 kcal £2.95 STARTERS GARLIC MUSHROOMS £5.45 Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n £5.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n £11.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n £11.95 MOROCCAN FALAFEL n £11.95 MOROCCAN FALAFEL n £11.95 WEGETABLE PAELLA £9.95 ROASTED MEDITERRANEAN vegetables, green beans & peas 802 kcal ROASTED MEDITERRANEAN vegetables & tomato sauce 715 kcal MARGHERITA PIZZA £7.95 Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA £8.95		£5.65
With MIXED OLIVES 860 kcal MIXED OLIVES 108 kcal E4.45 MIXED OLIVES 108 kcal E2.95 STARTERS GARLIC MUSHROOMS Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n MOROCCAN FALAFEL n MOROCCAN FALAFEL n L11.95 MOROCCAN FALAFEL n L11.95 MOROCCAN FALAFEL n L11.95 MOROCCAN FALAFEL n Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE ROASTED MEDITERRANEAN V	½ VEGAN MOZZARELLA & ½ TOMATO 1021 kcal	£6.25
STARTERS GARLIC MUSHROOMS Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n Horoccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA 48.95		£2.95
STARTERS GARLIC MUSHROOMS Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n Horoccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA 48.95	with MIXED OLIVES 860 kcal	£4.45
GARLIC MUSHROOMS Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n Horoccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA 48.95	MIXED OLIVES 108 kcal	£2.95
Sautéed field & wild mushrooms with garlic, lemon & parsley with toasted bread 373 kcal COURGETTE & SWEETCORN FRITTERS n #5.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA #2.3.95 & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n #11.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n #11.95 Moroccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA #9.95 ROASTED MEDITERRANEAN vegetables & tomato sauce 715 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE #9.95 MARGHERITA PIZZA #7.95 Tomato, vegan mozzarella, fresh basil 771 kcal	STARTERS	
Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 355 kcal GRILLED PITTA with HUMMUS, TOASTED DUKKA £3.95 & ROASTED GARLIC OIL n 682 kcal MAIN COURSES COURGETTE & SWEETCORN FRITTERS n £11.45 Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n £11.95 Moroccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA £9.95 Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE £9.95 Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA £7.95 Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA £8.95	Sautéed field & wild mushrooms with garlic,	£5.45
MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n Horoccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA 48.95	Homemade spiced fritters, carrot, raisin & orange sala	
COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n Moroccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA E8.95	GRILLED PITTA with HUMMUS,TOASTED DUKKA	£395
Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus & toasted dukka 734 kcal MOROCCAN FALAFEL n £11.95 Moroccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA £9.95 Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE £9.95 Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA £7.95 Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA £8.95	& ROASTED GARLIC OIL n 682 kcal	L3.73
Moroccan falafel spiced vegetables, fruity couscous, flaked almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA 48.95		
Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE £9.95 Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA £7.95 Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA £8.95	MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange sala	£11.45 d,
VEGETABLE LINGUINE £9.95 Roasted Mediterranean vegetables & tomato sauce 715 kcal MARGHERITA PIZZA £7.95 Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA £8.95	MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange sala red pepper tapenade, hummus & toasted dukka 734 kc MOROCCAN FALAFEL n Moroccan falafel spiced vegetables, fruity couscous, fla	£11.45 d, al £11.95
MARGHERITA PIZZA £7.95 Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA £8.95	MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange sala red pepper tapenade, hummus & toasted dukka 734 kc MOROCCAN FALAFEL n Moroccan falafel spiced vegetables, fruity couscous, fla almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato	£11.45 d, al £11.95
Tomato, vegan mozzarella, fresh basil 771 kcal MEDITERRANEAN VEGETABLE PIZZA £8.95	MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange sala red pepper tapenade, hummus & toasted dukka 734 kc MOROCCAN FALAFEL n Moroccan falafel spiced vegetables, fruity couscous, fla almonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN	£11.45 d, al £11.95 ked
	MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salared pepper tapenade, hummus & toasted dukka 734 kc MOROCCAN FALAFEL n Moroccan falafel spiced vegetables, fruity couscous, flatalmonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE	£11.45 d, al £11.95 ked £9.95
	MAIN COURSES COURGETTE & SWEETCORN FRITTERS n Homemade spiced fritters, carrot, raisin & orange salared pepper tapenade, hummus & toasted dukka 734 kc MOROCCAN FALAFEL n Moroccan falafel spiced vegetables, fruity couscous, flatalmonds, hummus & toasted pitta bread 1433 kcal VEGETABLE PAELLA Artichoke, courgette, aubergine and tomato with mixed peppers, green beans & peas 802 kcal ROASTED MEDITERRANEAN VEGETABLE LINGUINE Roasted Mediterranean vegetables & tomato sauce 71 MARGHERITA PIZZA	£11.45 d, al £11.95 ked £9.95

with caramelised onions, vegan mozzarella & rocket 929 kcal

SIDES

SKIN-ON FRIES 356 kcal	£2.45
SWEET POTATO FRIES 352 kcal	£3.45
TENDERSTEM BROCCOLI, GARLIC, CHILLI & TOASTED ALMONDS n 135 kcal	£2.95
SAUTÉED GREEN BEANS & SALSA VERDE 102 kcal	£2.95
ROAST MEDITERRANEAN VEGETABLES 284 kcal	£3.45
DESSERTS	
WARM FRANGIPANE & RASPBERRY TART n Served with vegan vanilla ice cream & raspberry coulis 443 kcal	£5.45
Served with vegan vanilla ice cream	£5.45
Served with vegan vanilla ice cream & raspberry coulis 443 kcal	20110

PRIX FIXE MENU

Mon-Sat until 5.30pm 2 Courses £12.95 3 Courses £15.95

3 scoops of vegan vanilla or chocolate ice cream 197 kcal

STARTERS

Garlic Mushrooms 373 kcal Courgette & Sweetcorn Fritters n 355 kcal Grilled Pitta with Hummus n 682 kcal

MAIN COURSES

Vegetable Paella 802 kcal

Courgette & Sweetcorn Fritters n 734 kcal Roasted Mediterranean Vegetable Linguine 715 kcal Margherita Pizza 771 kcal Mediterranean Vegetable Pizza 929 kcal

DESSERTS

Fresh Fruit Salad 90 kcal Raspberry or Blood Orange Sorbet 167 kcal Vegan Ice Cream 197 kcal



JOIN THE EGO CLUB TODAY

Ask one of the team about joining the Ego Club for exclusive offers & Ego news.

Due to the presence of nuts in some products, there is a small possibility that nut traces may be found in any of our menu items.

The recommended daily calorie intake for women is 2000 kcal and for men is 2500 kcal.

For parties of 8 or more, a discretionary 10% service charge will be added to the bill, thank you.

n contains nuts

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