



vegan menu

*please inform your server that you are ordering
from the vegan menu*

Small Plates

Gordal olives - £2.50

Antipasti olive mix - £2.25

Habas - fried, spiced broad beans £1.75

Pistachios - roasted and salted £3

Hummus - with pitta £4

Cashew allioli - with ciabatta £4

Garlic and rosemary - stone baked bread £4.25

Dolmades - stuffed vine leaves £3

Falafel - lime and coriander cashew cream, rocket £5.50

Vegan platter - falafel, dolmades, hummus, cashew allioli, marinated artichoke hearts, habas, tabbouleh, mixed olives and pitta bread small £11 large £19

Salads and Sides

Orange and walnut - spinach, celery, spring onion, rocket, baby gem, pomegranate seeds, croutons, citrus dressing £8.50

Warm artichoke - potato, mushroom, sun dried tomato, almond, spinach, rocket, basil dressing £9.50

Greek salad - small £4 large £8

Plum tomato - red onion, olives, basil £3.50

Green - baby gem, spinach, wild rocket, cucumber £3

Tabbouleh - bulgur wheat, tomato, cucumber, mint, parsley, spring onion, lemon £4

Caponata - sweet and sour Mediterranean vegetables £4

Sautéed potatoes - £2.50

Olive oil mash - £2.50

Roast tomatoes - £2.50

Cavolo nero - £2.50

Pasta

Fusilli Arrabbiata - courgette, onion, black olives, chilli, spicy tomato sauce £9

Farfalle con carciofi - artichoke, mushrooms, spinach, cashew cream £8

Polpette di funghi - mushroom and lentil balls, marinara sauce, linguine £9

Linguine con cavolo - cavolo nero, cherry toms, spring onion, white wine, garlic, chilli, lemon £8.50

Stone Baked Pizza

Choose any 4 toppings to add to the tomato passata base - £9.75

red pepper, white onion, mushroom, caramelised onion, artichoke, spinach, courgette, sun dried tomato, black olives, plum tomato, fresh chilli, toasted pine nuts, wild rocket

Ask for - garlic oil, balsamic reduction or chilli oil to finish

Mains

Char grilled vegetable kebabs - sautéed potatoes, green salad £10

Leek and artichoke risotto - balsamic reduction, garlic ciabatta £11

Desserts

Chocolate brownie - chocolate sauce £5

Pancake stack - banana and maple syrup £5

Lemon affogato - lemon sorbet "drowned" with a shot of limoncello £4.75

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To the best of our knowledge and endeavour the items on this menu are suitable as part of a vegan diet. However, we do not have separate ovens or a fryer specifically for cooking vegetarian or vegan items.

If you have any other dietary requirements please inform your server and we will try to accommodate your needs and provide accurate information regarding the ingredients in our dishes.

We stock gluten free and wholemeal pastas and brown rice.



a group of individual venues

Café Bencotto
Pizza, Pasta, Mediterranean
www.cafebencotto.co.uk
01394 276745

The Alex Café Bar &
The Alex Brasserie
www.alexcafebar.co.uk
01394 282958

The View Point Cafe
Fish and Ships
Landguard Peninsula
www.yeogroup.co.uk