



vegan menu

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

Small Plates

Olives - see specials boards £2.75

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, panzanella, mixed olives and pitta bread small £11 large £19

Salads and Sides

Avocado and walnut - tomato, spinach, maple mustard dressing £10

Panzanella verde - Warm green beans, tenderstem broccoli, black olives and almonds tossed in chilli and garlic, served with panzanella salad £11

Greek salad - small £4 large £8

Panzanella - Heirloom tomatoes, onion and basil, ciabatta croutons £4

Plum tomato - red onion, olives, basil £3.75

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

Sautéed potatoes - £2.50

New potatoes - £2.50

Minted cous cous - £2.50

Roast tomatoes - £2.50

Green beans - £2.50

Tenderstem broccoli - £2.50

Pasta

Primavera - peas, baby broad beans, green beans, spring onion, mint, lemon, cashew cream £9.50

Penne Arrabbiata - tenderstem broccoli, onion, lemon, spicy tomato sauce, pine nuts £10

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

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

Stone Baked Pizza

Choose - either tomato sauce or butternut squash purée base

Add 4 toppings - red pepper, white onion, mushroom, artichoke, spinach, sun-dried tomato, black olives, Heirloom tomatoes, butternut squash, plum tomato, capers, fresh chilli, toasted pine nuts, wild rocket

Ask for - garlic oil or chilli oil to finish £9.75

Mains

Falafel - plum tomato salad, sautéed potatoes, lime and coriander cashew cream £11.50

Wild mushroom risotto - rocket, truffle oil £10

V-sotto Bencotto - butternut squash, spinach and chilli £9

Desserts

Chocolate brownie - vanilla ice cream £6

Pancake stack - banana and maple syrup £5

Affogato - vanilla ice cream "drowned" with a shot of espresso £3.75

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

Vanilla ice cream - 2 scoops £4

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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 and the risk of cross contamination.

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