

## Plant-Based Menu

Please inform your server that you are ordering from the plant-based menu.

# Welcome to The Alex Café Bar

Please order & pay at the bar, stating where you are sitting, & we will serve your freshly prepared food to your table (please note payment is by card).

We do not include anything on this menu that goes through our deep fryer as we do not have a separate fryer for plant-based items, so although items like our chips are plant based, they are trace contaminated when cooked.

We offer non-dairy milk substitutes for beverages.

Please advise us if you have any food allergies so we can provide you with the relevant information and the risk of cross contamination.



a group of individual venues in Felixstowe

The Alex Café Bar & Brasserie Seafront, IP11 2AF Café Bencotto Pizza, Pasta, Mediterranean Town Centre, IP11 7AB View Point Cafe Fish and Ships Landguard, IP11 3TW



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### bar snacks

Mixed olives £3 Chilli fried broad beans £1.75 Salted mixed nuts £3.50 Tortilla chips & salsa £3

### meals

**Plant-based breakfast** - bubble & squeak cakes, sautéed mushrooms, baked beans, roast tomato, brown sauce £11 - till 6pm

Sautéed garlic mushrooms and spinach on toasted granary bloomer £5.50

Wholemeal wrap - avocado, crunchy raw vegetables & sauerkraut £10

**Spring Buddha bowl** - avocado; lemon & golden raisin grains, green apple; toasted hazelnuts; white cabbage, caraway & mint slaw; sugar snaps; carrot; cucumber & tomato £14

**Stir-fried noodles,** beansprouts, baby corn, sugar snaps, mushrooms, pak choi & onions, with garlic, ginger & soy sauce £9

**Moving Mountain burger** - lettuce, tomato, gherkin & relish, in a sour dough bun £15

### sides

Bubble & squeak cakes £5 (till 6pm) Baked beans £1.50 (till 6pm)

Avocado £3 Fried onions £1.75 Sautéed mushrooms £1.50

Roast tomato £2 Sauerkraut £3 Caraway & mint slaw £2