

food items stated as gluten conscious are not made with gluten, however some dishes are cooked in our fryers that have also been used to cook wheat products. As a result, we cannot 100% guarantee that there will be no cross-contamination.

BREAKFAST

DATE & APPLE PORRIDGE	5.5	V'EGG HARISSA BAP MS SU SY	6
creamy GF porridge, cinnamon bramley apples, date butter		scrambled clean bean tofu, soft herbs, aioli	
BRUNCH BOWL C SS SY	13	TEMPEH BLT BAP C MS SU SY	7
club cultured tempeh bacon, goji & carrot quinoa, sesame mushrooms, cherry tomatoes, spinach, avocado		club cultured tempeh, lettuce, red onion, tomato, aioli	
SMASHED AVO TOAST MS	7.5	HOME FRIES	3.5
slow roasted tomatoes, pumpkin seeds, gluten conscious bread		ADD ONS	
		smoked vegan cheeze	1.5
		avocado	2

WEEKENDS ONLY

BIG BRUNCH SY	13	THALI BRUNCH SY	13
sausage, house baked beans, scrambled clean bean tofu, slow roast tomatoes, mushroom, spinach, gluten conscious bread, home fries		red lentil dahl, paratha, spinach squash sabzi, scrambled clean bean tofu, jeera yoghurt	
MEZZE BRUNCH C SS SU SY	13	CHEEZY BEAN TOAST	8.5
scrambled clean bean tofu, chopped salad, smoky aubergine, feta, hummus, apricot harissa, pita		house baked beans, smoked vegan cheeze	
		ADD smashed avocado	2

STARTERS & SHARERS

FURIKAKE EDAMAME SS SY	4.5
HUMMUS & AMBA MS SS SU	6
apricot amba, apricot harissa, gluten conscious bread	
AUBERGINE TIGANITES	6
pomegranate beetroot ezme, dill tzatziki	
ROMAN ARTICHOKE SU	7
panelle, herb cream, soft herbs	
CHARRED HISPI MS PN SU	7
salsa de cacahuete, crushed peanuts	
HALDI GOBI MS	8
marsala cauliflower, coriander yoghurt	
AL PASTOR PORTOBELLO	5.5/10
blue corn taco, jalapeño sour cream, pickled red onion	

DESSERTS

CRÈME BRÛLÉE	7
forest berry compote, coconut tuille	
FAUX-RERRO FUDGE CAKE N SY	7
chocolate hazelnut cake, vanilla ice cream	
WHITE CHOCOLATE TIRAMISU N SY	7
almond sponge, white chocolate mousse	
CARROT CAKE STICKY TOFFEE	7
toffee sauce, cream cheese chantilly	
PINK WEDNESDAY TRUFFLES A	3
coconut rum white chocolate	

ALCOHOL - A	MUSTARD - MS	SESAME SEEDS - SS
CELERY - C	NUTS - N	SULPHITES - SU
GLUTEN - G	PEANUTS - PN	SOYA - SY

MAINS

KIRI HODI MS N	13.5
coconut curry leaf sauce, sweet potato, green beans, pea basmati, tomato sambal, coconut cashews	
SOUL BOWL N SS SY	13
goji carrot quinoa, kale, sesame mushrooms, pumpkin seeds, avocado, cashew butter	
BHATTI KA CHICK'N KEBABS* SY	14
pomegranate carrot kachumber, jeera yoghurt, pumpkin pickle	
*Although our vegan chick'n is made with entirely plant-based ingredients, we are unable to guarantee the absence of whey protein (milk), egg and peanut during the production process and we advise that you avoid this product if you have an allergy to any of these foods.	

SIDES

BATATA HARRA MS SU	4.5
crispy spiced potatoes	
GLAZED HEIRLOOM CARROTS	5
soft herbs, pomegranate	
FRIES MS SU SY	3.5
SWEET POTATO FRIES MS SU SY	4.5

ALL OUR DISHES ARE VEGAN. NOT ALL INGREDIENTS ARE LISTED ON THE MENU. SPEAK TO THE TEAM IF YOU HAVE ANY ALLERGIES OR INTOLERANCES.

*Allergen information is available in all of our restaurants and on our website at www.mildreds.co.uk/allergen-menus. Please ask a member of staff to view the allergen menu, and let our team know if you have any allergens or intolerances when ordering. Whilst we take all reasonable precautions to prevent cross contamination, as our food is prepared & freshly cooked to order, there may be a risk that traces of all allergens can be found in any dish. We do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. Vegan chick'n: although our vegan chick'n is made with entirely plant-based ingredients, we are unable to guarantee the absence of whey protein (milk), egg and peanut during the production process and we advise that you avoid this product if you have an allergy to any of these foods. Gluten: food items stated as gluten conscious are not made with gluten, however some dishes are cooked in our fryers that have also been used to cook wheat products. As a result, we cannot 100% guarantee that there will be no cross-contamination. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.