

## Foodilic Menu

### Salads:

2 Salads £3.80 / 4 Salads £7.20

- **Raw Mango Salad**
  - with Avocado, Mango, Dill, chili and olive oil VEG, V, GF
- **Raw Baby Spinach Salad**
  - with Button Mushrooms Tossed with baby Spinach, Sprouts and Basil Pesto GF, VEG
- **Raw Super Foodilic Salad**
  - tossed with cucumber, avocado, tomato, sweet corn, spring onion, mustard cracked wheat & physalis VEG, V
- **Green Beans**
  - with Mange Tout, Hazelnut oil, Hazelnuts & Orange Zest Dressing VEG, V, GF
- **Sweet Potatoes**
  - with Spring onion, balsamic glaze & Fresh Figs VEG, V
- **New Potato**
  - with Brie Cheese, Zucchini, Mix Peppers, Fresh Coriander and Olive oil. VEG, GF
- **Giant Cous Cous**

- with Aubergine, Zucchini, Leek and Peppers. VEG, V

- **Raw Pumpkin Salad**

- with pumpkin seeds, walnut oil, watermelon, sweet corn, turmeric, peanut butter, garlic, lemon juice VEG, GF, V

- **Raw Tomato Salad**

- with red onion, olives, Turkish jalapeno, celery, parsley, vinegar VEG, GF, V

- **Raw Beetroot**

- With Carrots, pumpkin, beetroot with olive oil & lemon juice VEG, GF, V

## Meals

### MAIN MEAL WITH 2 SALADS – £7.20

CHOOSE FROM: CARIBBEAN CHICKEN LEG, BEEF LASAGNE, BEEF GOULASH, FISH PIE 2  
QUINOA AND PINE NUT STUFFED MUSHROOMS (V), VEGETARIAN MOUSSAKA (V),  
STUFFED AUBERGINE (V), FALAFEL PORTION (VEG)

WITH 2 SALADS FOR £7.20

CARIBBEAN CHICKEN BREAST WITH 2 SALADS – £8.00

SALMON WITH 2 SALADS – £9.00

- **Chicken Breast**

- roasted with olives, garlic, mustard, chopped tomato, soya sauce, celery, Caribbean spices GF

£ 4.50 1 portion

- **Chicken Legs**

- Roasted with carrots, garlic, mustard, chopped tomato, soya sauce, celery, Caribbean spices GF

£ 3.50 1 portion

- **Fish Pie**

- with mixed fish, prawns and mashed

GF

IN £4.50 1 portion      T/A £4.00

- **Fish Cake**

- with mixed fish, mashed potato, parsley, spices and almond flours (GF)

GF

IN £4.50 1 portion      T/A £4.00

## Vegetarian Dishes:

- **Vegetarian Moussaka**

- with potatoes, courgettes, aubergine, carrots, tomatoes, béchamel sauce & cheddar cheese

Veg

1 portion £ 4.50

- **Portobello Mushrooms**

- with spinach, quinoa, peanuts and parsley pesto

Veg, V, Gf

IN £2.50 1 portion      T/A £ 2.08

- **Stuffed Aubergine**

- with button mushrooms, olives, tomatoes, courgettes & cheddar cheese

Veg, Gf

IN £4.50 1 portion      T/A £4.00

- **Broccoli Quiche**

- with Broccoli, mushrooms, cottage cheese, feta cheese

Veg, Gf

IN £4.50 1 portion      T/A £4.00

## Raw Cakes:

£5.00 per piece

*(dairy free, gluten free, sugar free)*

- *Mango cheesecake*
- *Caramel cake*
- *Strawberry cake*
- *Chocolate*
- *Brownies with grilled almonds*
- *Carrot cake*
- *Lemon cheesecake*
- *Mix Berries tart*

## • Fairtrade Coffee and Tea

- Espresso £1.50
- Macchiato £1.70
- Flat White £2.10
- Cappuccino £2.10
- Latte £2.10
- Mocha £2.10
- Hot Chocolate £2.10
- Herbal Teas £1.50
- English Tea £1.50
- Earl Grey Tea £1.50

- Soft Drinks from 1.60
- Fresh Juices £3.50 T/A £3.00
- Smoothies £3.50 T/A £3.00

VEG- Vegetarian

GF - Gluten Free

V - Vegan



