



Mimi's Plant Kitchen

MENU July 4 to 6, 2022:

Mediterranean quinoa stew (quinoa, peppers, zucchini, thyme, toasted pumpkin seeds, parsley, lemon, pepper, salt, spring greens, aubergine, tomatoes, pomegranate molasses, smoked paprika, olive oil, oregano, vegetable stock * contains celery, garlic, leeks, coconut aminos, apple cider vinegar, capers, rapeseed oil) **£6**

Aubergine "parmigiana" with vegan cheese (aubergine, onions, sun-dried tomatoes, tomatoes, olive oil, garlic, bay leaf, thyme, oregano, pepper, salt, apple cider vinegar, basil, nutritional yeast, cashew nuts, tiger nuts, miso * contains soya, coconut aminos, rapeseed oil, kappa carrageenan, tapioca, Dijon mustard) **£6**

Peanut zoodles with pineapple and baobab powder (pineapple, peanut butter, coconut oil, vegetable stock * contains celery, tiger nut milk, baobab powder, chilli, coconut amino sauce, tamari * contains soya, zucchini, ginger, garlic, sesame seed oil, brown rice vinegar, agave syrup) *optionally* served with toasted cashews, coriander, chilli **£6**

Mixed seaweed salad (mixed seaweed, sesame ginger dressing, cucumber, carrots, blanched green beans, shredded carrots, brown rice vinegar, carrots, Himalayan salt, agave, sesame oil) **£6**

Katsu curry with lightly grilled and steamed vegetables (onions, shallots, carrots, apples, garlic, coconut oil, olive oil, ginger, vegetable bouillon *contains celery, turmeric, arrow root, tiger nut milk, coconut milk, salt, black pepper, paprika, ground coriander, ground cumin, ground cassia, ground cloves, chilli, pimento, broccoli, zucchini, peppers) **£7**

Shallow-fried herby falafel (chickpeas, parsley, coriander, cumin, cayenne pepper, garlic, onions, salt, pepper, sesame seeds, olive oil) **£1 per piece**

Popped quinoa tabouleh (parsley, quinoa, olive oil, tomatoes, cucumbers, red onions, lemon, salt, pepper) **£6**

Miso aubergine box served with sesame and garlic-roasted cabbage and carrots (aubergine, olive oil, miso *contains soya, coconut amino sauce, tamari sauce *contains soya, coconut sugar, sake, rice vinegar, sesame oil, sesame seeds, cabbage, garlic, carrots, ginger, jasmine rice, quinoa, buckwheat, kombu seaweed, shiitake) **£8**

Japanese sesame ginger dahl box with miso squash and spinach (red split lentils, ginger, turmeric, pink Himalayan salt, pepper, oven roasted butternut squash, olive oil, pure toasted sesame oil, miso, brown rice malt syrup, coconut nectar, sesame seeds, blanched spinach, brown rice vinegar) **£7**

Zucchini bake with vegan cheese (zucchini, split pea and lentil Bolognese sauce - celery, onions, garlic, olive oil, thyme, tomato, oregano, nutmeg, carrots, sea salt, pepper, cashews, tiger nuts, kappa carrageenan, miso, garlic, apple cider vinegar, rapeseed oil, tapioca, zucchini, lentils) **£6**

Fodmap quinoa salad (quinoa popped in coconut oil and cooked, oven roasted red peppers and zucchini with thyme and olive oil, fresh red peppers, toasted pumpkin seeds, parsley, lemon, pink Himalayan salt, pepper, cooked collard greens) **£6**

Baobab beetroot or squash hummus (chickpea, beetroot or squash, lemon, olive oil, tahini, garlic, baobab powder, salt, pepper) **£3**

Sweet potato burgers (sweet potatoes, split peas, lentils, onions, garlic, Dijon mustard, salt, pepper, paprika, oregano, thyme, miso, olive oil) oven-roasted vegetables (olive oil, courgette, peppers, thyme, salt) **£3 each**

Spicy mushroom and bean burgers (leek, mushrooms, black beans, gluten free oats, organic tamari sauce * contains soya, Dijon mustard, thyme, salt, pepper, onions, garlic, oregano, paprika, smoked paprika, spicy paprika, chipotle, ancho chilli) served with oven-roasted vegetables (olive oil, courgette, peppers, thyme, salt) **£3 each**

ADD-ONS:

– Jasmine rice **£2**

Sweets:

NEW Rhubarb and cherry crumble (rhubarb, cherries, apples, coconut sugar, cinnamon, maple syrup, cardamom, vanilla, coconut oil, puffed millet, buckwheat flakes, walnuts, Brazil nuts, puffed amaranth, sunflower, hemp seeds, seeds, chia seeds, linseed) **£5**

Cashew sour cherry protein balls (cashews, sunflower seeds, sour cherries, pea protein, date molasses, coconut) **£1.50**

Hazelnut cacao cookies (hazelnuts, almonds, gluten-free oat flour, vanilla, coconut nectar, maple syrup, coconut sugar, bicarbonate of soda, baking powder, salt, tiger nut milk, coconut oil, cacao powder) **£2**

Please be aware that my food may contain or come into contact with some common allergens, such as soybeans, tree nuts, peanuts, celery. All allergens are underlined above, however, cross contamination may have occurred.