

THE COVEN

Please see the Specials board for our Soup of the Day, Whole Bowl of the Week and other delicious offerings. Everything is available all day. Please make sure you let us know about any dietary requirements or preferences.

DAYTIME MENU

MAINS

LASAGNE (V) 7.50

• Mediterranean vegetables in a rich tomato sauce topped with cheese, vegan or otherwise, served with a side salad. This is the only thing on the menu that can't be gluten-free.

SPANISH POTATOES (V) GF 7.50

• Sautéed potatoes, peppers, onions, tomatoes and spinach in a tomato sauce spiced with cumin and paprika, topped with cheese, served with a side salad.

CHINESE FRITTERS V (GF) 7.50

• Vegetables in a light, crispy 5 spice and ginger beer batter on a bed of stir-fried vegetables and rice or wheat noodles, topped with sweet chilli sauce and sesame seeds.

MEGA BREAKFAST (V)(GF) 6.95

• Two slices of toast, fried potatoes, beans, herby mushrooms & tomatoes and two eggs, fried or scrambled. There's a vegan "egg" or just more of the other things if you prefer, plus some spinach.

NACHOS WITH CHILLI, CHEESE (VEGAN OR OTHERWISE) AND SALSA 6.50

ADD GUACAMOLE - £1.00

BLAT 6.50

• Smokey aubergine bacon, lettuce, avo & tomato on toasted sourdough

FRIED EGG OR VEGAN "EGG" ON CRISPY FRIED POTATOES GF 4.50

ADD ANY OF THE FOLLOWING:
ONIONS, MUSHROOMS, SPINACH, TOMATOES 50P PER ITEM
MELTED CHEESE £1.00
ADDITIONAL EGG £1.00
MUSHROOM BURGER £2.00

OMELETTES

CHOOSE FROM:
A PLANT-BASED "OMELETTE" MADE WITH CHICKPEA FLOUR, NON-DAIRY MILK AND VEGAN "EGG"

OR

A CONVENTIONAL 3 EGG VERSION

- BOTH SERVED WITH A SIDE SALAD

PLAIN - 4.50

CHEESE & ONION - 5.50

MUSHROOM - 5.50

SPINACH & TOMATO - 5.50

CHEESE, ONION & MUSHROOM - 5.95

FULLY LOADED - (MUSHROOM, ONION, POTATO, PEPPERS, SPINACH, TOMATO & CHEESE) - 6.95

BURGERS

Choose from:

MUSHROOM BURGER

• Roasted mushroom umami pattie delicious-ness

FALAFEL BURGER

• Made with our own hummus, whole seeds and milled flaxseed so it's very healthy as well as scrummy

THREE BEAN BURGER

• A bit spicy as well as full of beany texture and goodness

NAKED BURGER

• Hold the bread and take a larger side salad instead

ON A BAGEL, WHOLEWHEAT ROLL, GRANARY TOAST OR GLUTEN FREE TOAST 4.95

• Add any of the following toppings:

Barbequed Pulled Jackfruit £2.50

Veg Chilli £2.00

Fried Egg £1.00

Vegan Cheese £1.00

Cheddar £1.00

Feta £1.00

Stilton £1.50

Caramelized Onions 50p

Jalapenos & dried chilli 50p

THINGS ON TOAST (2 SLICES) (GF) (V) :

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|---|------|
| 2 EGGS, SCRAMBLED OR FRIED | 3.95 |
| • | |
| EGGS & MUSHROOM | 4.50 |
| • | |
| FRIED TOMATOES & HERBS | 3.95 |
| • | |
| MUSHROOMS, TOMATOES & HERBS | 4.50 |
| • | |
| SPINACH, TOMATO & MUSHROOM | 4.95 |
| • | |
| SMASHED AVO ON SOURDOUGH | 6.50 |
| • Smashed avo on toasted sourdough with cherry tomatoes, fresh herbs, and olive oil | |

SANDWICHES

ON BREAD OR A WRAP, WITH A SIDE SALAD. OR
MAYBE YOU'D LIKE A HALF SANDWICH AND SALAD
WITH A SMALLER BOWL OF SOUP?

FALAFEL SALAD WRAP

• Sandwich - £4.95 With soup - £7.95

AVOCADO SALAD

• Sandwich - £4.50 With Soup - £7.50

GREEK SALAD

• Sandwich - £3.95 With Soup - £6.95

CHEESE AND ONION

• Sandwich - £3.50 With Soup - £6.50

HUMMUS SALAD

• Sandwich - £3.50 With Soup - £6.50

SNACKS

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| CRUMPETS (2) TOASTED AND BUTTERED | 1.50 |
| ADD JAM, PEANUT BUTTER, OR MARMITE 50P | |
| TOAST (2 SLICES) (GF) V | 1.50 |
| • Granary toast, buttered | |
| ADD JAM, MARMITE, OR PEANUT BUTTER - 50P EXTRA | |
| MUFFIN OF THE DAY (V) (GF) | 1.50 |
| • | |
| CHOCOLATE GOO CAKE (V) (GF) | 2.50 |

SIDES

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| COVEN CHIPS (V) (GF) | 2.50 |
| • Made from scratch every time so please allow some extra time | |
| SIDE SALAD V (GF) | 1.50 |
| • With oil free dressing | |
| BREAD V (GF) | 1.00 |
| • 2 slices buttered | |

DRINKS

COFFEE

• Our excellent triple-certified coffee is fair trade, organic and rainforest-friendly.

SOY
ALMOND
OATLY BARISTA
DAIRY

| | |
|------------------------------------|------|
| AMERICANO, LATTE, CAPPUCINO | 2.50 |
| ESPRESSO | 1.50 |
| • Please ask for other variations. | |
| SYRUPS | 50p |

TEA 2.25

•
We have lots of varieties of organic, loose-leaf Suki tea. All varieties.
Price is per pot -
White Monkey, Apple & Mint, Lemongrass & Ginger, Peppermint,
Oolong, Darjeeling, Belfast Brew, Chai, Green Tea Sencha,
Green Tea with Ginseng, Mango Tango, Red Berry, Camomile,
Jasmine Dragon Pearls, Earl Grey Blue Flower, English Breakfast,
Rooibos, Matcha

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| MAGIC TEA | 3.50 |
| • A healing potion of Lemongrass & Ginger, Peppermint and Matcha teas with agave syrup - perfect if you're under the weather | |

COLD DRINKS

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| APPLE JUICE, ORANGE JUICE, MILK | 1.75 |
| COLA/DIET COLA (IT COULD BE COKE OR PEPSI) | 1.50 |
| CORDIAL (HOT OR COLD) | 1.50 |
| FENTIMAN'S NATURALLY BREWED SOFT DRINKS | 2.00 |

WE USUALLY HAVE:

ROSE LEMONADE
GINGER BEER
DANDELION & BURDOCK
SHANDY
CURIOSITY COLA
SEVILLE ORANGE
• Stocks may vary, please ask