

# FOOD CONSCIOUS

Vegetarian menu / Vegan - choices

LET US KNOW IF YOU'RE IN A HURRY OR ASK FOR THE BILL WHEN ORDERING.

WE AIM TO  
SERVE ALL DISHES WITHIN  
10 MINUTES

## STARTERS + FOR SHARING

Nachos tray (v)(gc) melted cheese, roquito® peppers, mixed beans, corn sauce, avo smash, fresh tomato salsa, sour cream + chipotle sauce	8.95
Turmeric hummus + crudités (v)(ve) flatbread with za'atar & sesame oil	6.25
TMZ salad (v)(gc) mixed tomatoes, mozzarella + thinly sliced raw zucchini	6.50



## LOVELY MAINS

Chardonnay club sandwich (v) havarti cheese, avocado smash, baby gem, grated carrot + beetroot, lemon aioli	9.95
Fusilli Pasta Bowl (v)(vg) fresh roasted tomato + basil sauce - gluten free fusilli available on request	9.75
Freestone pizza (v) mixed field + wild mushrooms, balsamic onions, spinach, white sauce, mozzarella + smoked cheddar, fresh oregano, baked egg	11.95
Modern burrito bowl (v)(ve)(gc) refried black beans, coconut + edamame rice, spicy tofu, avo smash, coconut yoghurt + fresh tomato salsa	11.95

House grain salad (v)(gc)(ve) mixed salad leaves, cherry tomatoes, grated beetroot + carrot, radishes, cucumber, artichoke, dried apricots, ancient grains with a lemon + mustard vinaigrette	9.95
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### Top up with

Rotisserie chicken	+ 3.95
Grilled halloumi	+ 3.95
Flaked salmon	+ 4.95

Keralan curry (v)(ve)(gc) butternut squash, zucchini, carrots, spinach, chickpeas, cherry tomatoes, coconut brown rice, coconut yoghurt	12.95
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Beetroot + quinoa burger (v)(n) avo smash, tangy apple slaw, vegan green pesto, tomato, beetroot bun - to go full vegan, swap chips for a seasonal mixed salad (ve)	12.95
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## WONDERFUL SWEET PLATES

Ice cream bowl (ve) choose 3 scoops of tropical, vanilla, chocolate chip or berry	4.95
All our ice creams are vegan	

## LOVELY EXTRAS

House fries (v)	3.95
Sweet potato fries (v)	4.25
Broccoli with garlic + chilli (v)(ve)	3.95

Seasonal mixed salad cherry tomatoes, cucumber, gem lettuce, grated carrot + beetroot, radish with a house olive oil + herb dressing	4.25
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(v) = vegetarian  
(ve) = vegan  
(gc) = gluten conscious  
(n) = contains nuts

## COFFEE – ESPRESSO – TEAS

Carefree cappuccino	3.00	Vibrant matcha tea latte	3.20	Teapigs	2.50
Arabica filter	3.25	Cool iced coffee	3.00	honeybush + rooibos, darjeeling earl grey, chamomile flowers, peppermint leaves, mao feng green tea, superfruit	
Awake espresso	2.25	Focused chai latte	3.75		
All day americano	2.75	Minty iced green tea	2.95		
Lovely caffe latte	3.00	Yorkshire Tea	2.35		
Marvelous mocha	3.00			oat, almond, soy + semi-skimmed milk available	

## HOT CHOCOLATE

Happy vegan hot chocolate 3.25  
oat, almond, soy + semi-skimmed milks available

## BREAKFAST – SMOOTHIES

Classic green kale, spinach, mango, apple	4.75
Central coast (n) coconut yoghurt, almond butter, dates, coconut milk, vanilla	4.75
Hello morning strawberry, blueberry, banana, grape, apple	4.75
Hippie child passion fruit, pineapple, mango, apple	4.75

## NATURAL REFRESHMENTS

Naturally refreshing homemade drinks made with sweet sonoma soul for you! All topped up with sparkling mineral water, crushed ice + naturally house dried fruit

Refreshed watermelon, raspberry + mint	3.95
Enjoy apple, vanilla + rosemary	3.95



## SOFT DRINKS

Coke / Fanta	3.25	Fever-tree tonic	2.45
Coke zero / Diet coke / Sprite zero	2.85	mediterranean, aromatic, sicilian lemon, elderflower, light, regular	
Still or Sparkling water	2.40	Karma cola	3.25
Apple, Tomato or Cranberry juice	2.50	Gingerella	3.25
Fresh orange juice	3.25	Lemony lemonade	3.25

EAT, DRINK, LIVE

# Sonoma

V = Vegetarian. These products do not contain any meat or fish. VE = Vegan. These dishes are made from ingredients that do not contain any animal products. However we do not have dedicated preparation or cooking areas in our kitchens for vegetarian or vegan food. (GC) dishes are made from ingredients which do not contain gluten. However, we do not have dedicated preparation or cooking areas within our kitchen for vegetarian (and gluten-free food). Not all ingredients are shown in the dish descriptions. N = Contains nuts. All dishes on this menu are subject to ingredient availability. Not all ingredients are shown in the dish descriptions. We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. We advise you to speak to a member of staff if you have any food allergies or intolerances. For full details visit [www.restaurantallergens.com/sonoma](http://www.restaurantallergens.com/sonoma). Our fish is a natural product & may contain small bones. We are happy to provide you with allergen guidelines for all our menu items. As our food is prepared & freshly cooked to order in our busy kitchen, there may be a risk that traces of allergens & gluten can be found in any dish. For more detailed information please ask one of our crew. TRG Concessions only use RSPCA Assured™ shell eggs in our restaurants. This means we use suppliers and farmers that adhere to the RSPCA welfare standard and have been checked by RSPCA assessors.

