



Sonoma

GLUTEN CONSCIOUS

BREAKFAST

available until 11am

FREE RANGE EGGS (v) 9.60
herb-roasted plum tomato + watercress served on gluten free toast, fried eggs 522 kcal or scrambled eggs 523 kcal
+ smoked salmon +91 kcal 4.80
+ avocado smash with nigella seeds + fresh lime (v) +155 kcal 4.00
+ crispy bacon +194 kcal 3.60

OPEN SKILLET OMELETTE (v) 13.00
a fluffy egg omelette with roasted butternut squash, avocado, spinach, cherry tomato + vegan style feta, drizzled with basil oil + fresh herbs 576 kcal
+ gluten free toast +213 kcal 2.40

OVERNIGHT OATS (vg) 9.00
apple soaked gf oats + chia seeds, coconut yoghurt, cherry compote, fresh berries + omega seeds 646 kcal

FIG + THYME FARM TOAST (v) 12.60
fresh figs, labneh, chopped walnuts, honey, sesame + sour cherry molasses on gluten free toast 480 kcal

WEST COAST VEGGIE FARM TOAST (vg) 13.60
roasted butternut squash, zucchini, cherry tomatoes, vegan style feta, omega seeds + basil oil on gluten free toast 553 kcal

available from 11am

STARTERS + FOR SHARING

NACHOS PLATE (v) 12.00
fresh avocado, tomato herb salsa, black beans, melted cheese, jalapeño cheese sauce + sour cream 969 kcal

MAINS

BODEGA BAY CHILLI BOWL 14.60
slow-cooked beef brisket + black bean chilli with avocado, mango pineapple salsa, sour cream, corn chips + brown rice 1065 kcal

FUSILLI RAGU 15.00
slow cooked beef shin ragu + gran levanto 657 kcal

SEAFOOD FUSILLI 15.60
prawns, calamari, courgette, cherry tomato, garlic butter + lemon zest 931 kcal

FUSILLI POMODORO (vg) 13.00
tomato, zucchini, rocket + vegan style feta 704 kcal

STONE-BAKED PIZZA

on our gluten-free base

MARGHERITA SONOMA (v) 14.00
tomato sauce, basil, mozzarella + smoked applewood 829 kcal

ROTISSERIE CHICKEN 15.80
béchamel sauce, shredded rotisserie chicken, pancetta, green onion, rocket, mozzarella + smoked applewood 939 kcal

SANTA ROSA 15.80
tomato sauce, salami, pepperoni, olives, mozzarella + smoked applewood 1077 kcal

ROSEWOOD (v) 15.80
béchamel sauce, spinach, chilli, olives, baked egg, mozzarella + smoked applewood with truffle oil 954 kcal

RANCH (v) 15.80
béchamel sauce, caramelised onions, pear, walnuts, blue cheese + mozzarella 1018 kcal

HEALDSBURG 15.80
tomato sauce, roasted peach, prosciutto, fresh mozzarella + basil 782 kcal

LOVELY EXTRAS

SKIN-ON FRIES (vg) 400 kcal 5.00

SWEET POTATO FRIES (vg) 464 kcal 6.00

TENDERSTEM BROCCOLI + GREEN BEANS WITH GARLIC + CHILLI (vg) 153 kcal 4.60

APPLE SLAW (vg) 139 kcal 4.40

WONDERFUL SWEET PLATES

PASSION FRUIT + WHITE CHOCOLATE TART (vg) 8.40
+ cherry compote 363 kcal

CHOCOLATE BROWNIE (v) 8.20
dark chocolate sauce + vanilla ice cream 715 kcal

SONOMA SUNDAE (vg) 8.60
chocolate tart chunks, vanilla ice cream, coconut yoghurt, chocolate sauce, fresh berries + pecans 616 kcal

ICE CREAM BOWL (vg) 6.60
choose 3 scoops from vanilla 102 kcal, chocolate 82 kcal, strawberry 93 kcal, stracciatella 113 kcal or coconut 99 kcal

All our ice creams are vegan. Calories listed are per scoop.

(v) = vegetarian (vg) = vegan (gc) = gluten conscious

(v) = Vegetarian. These products do not contain any meat or fish. (vg) = Vegan. These dishes are made from ingredients that do not contain any animal products. (gc) = gluten conscious. These dishes are made from ingredients which do not contain gluten. However we do not have dedicated preparation or cooking areas in our kitchens for vegetarian, vegan or gluten free food. Not all ingredients are shown in the dish descriptions. All dishes on this menu are subject to ingredient availability. 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. +Our fish is a natural product & may contain small bones. We are happy to provide you with allergen guidelines for all our menu items. Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For the latest calorie information please visit our website. All prices are in Pounds Sterling. | 0124



VEGGIE + VEGAN

BREAKFAST

available until 11am

CROISSANT, JAM + BUTTER 470 kcal (v) 3.80

PAIN AU CHOCOLAT 325 kcal/
PAIN AU RAISIN 376 kcal (v) 3.80

BRIOCHE FRENCH TOAST (v) 12.40
cherry compote, labneh, fresh berries, pecans 705 kcal

PB&J PANCAKES (v) 10.00
peanut butter sauce, banana, cherry compote 739 kcal

BANANA CHOC-NUT BAGEL (v) 9.60
NUTELLA®, banana, pistachios,
salted caramel sauce 777 kcal

FIG + THYME FARM TOAST (v) 12.60
fresh figs, labneh, chopped walnuts, honey, sesame
+ sour cherry molasses on classic sourdough 388 kcal

WEST COAST VEGGIE FARM TOAST (vg) 13.60
roasted butternut squash, zucchini, cherry
tomatoes, vegan style feta, omega seeds +
basil oil on classic sourdough 461 kcal

MARKET GREENS REUBEN (v) 12.60
spinach, rocket, swiss cheese, pickles +
mustard béchamel in a classic sourdough
toasted sandwich 697 kcal

SUNSHINE GRANOLA BOWL (vg) 9.40
buckwheat, pumpkin seed, coconut + goji berry
granola with melon, blueberries + pomegranate
seeds, mango, chia + coconut yoghurt 556 kcal

OVERNIGHT OATS (vg)(gc) 9.00
apple soaked gf oats + chia seeds, coconut yoghurt,
cherry compote, fresh berries + omega seeds 646 kcal

VEGGIE BREAKFAST (v) 15.00
avocado smash, mixed mushrooms, herb-roasted
plum tomato, Heinz baked beans, crispy cubed
potatoes + classic sourdough toast with fried eggs
1017 kcal or scrambled eggs 931 kcal
GO VEGAN swap eggs for tofu scramble (vg) 882 kcal

FREE RANGE EGGS (v) 9.60
herb-roasted plum tomato + watercress served
on sourdough toast, fried eggs 430 kcal or
scrambled eggs 431 kcal
+ avocado smash with nigella seeds +
fresh lime (v) +155 kcal 4.00

OPEN SKILLET OMELETTE (v)(gc) 13.00
a fluffy egg omelette with roasted butternut squash,
avocado, spinach, cherry tomato + vegan style feta,
drizzled with basil oil + fresh herbs 576 kcal
+ classic sourdough toast +121 kcal 2.40

CALIFORNIA BREAKFAST BOWL (v) 13.00
tabbouleh, mixed leaves, agave mustard dressing,
avocado, scrambled eggs, tomato herb salsa +
coconut yoghurt 828 kcal

AVAILABLE ALL DAY

MEXICAN EGGS (v) 13.60
fried eggs, mixed beans, avocado, tomato
herb salsa + melted cheese on soft warm flour
tortillas 934 kcal

PETALUMA SUNRISE (v) 14.00
free range fried eggs, avocado, tabbouleh, hummus,
harissa yoghurt + olives with mixed leaves, agave
mustard dressing + warm flatbread 1510 kcal

available from 11am

STARTERS + FOR SHARING

**TURMERIC HUMMUS +
CRUDITÉS** (v) 7.80
cucumber, carrot + radish with
warm flatbread + za'atar 801 kcal

NACHOS PLATE (v)(gc) 12.00
fresh avocado, tomato herb salsa,
black beans, melted cheese,
jalapeño cheese sauce +
sour cream 969 kcal

**CRISPY ENOKI
MUSHROOMS** (vg) 8.00
with chilli soy dipping
sauce 379 kcal

MAINS

WEST COAST VEGGIE SANDWICH (vg) 14.60
roasted butternut squash, zucchini, vegan style
feta, cherry tomatoes, omega seeds + basil oil on
classic sourdough, served with skin-on-fries 861
kcal or salad 639 kcal

ENOKI MUSHROOM + KIMCHI RAMEN (vg) 15.60
udon noodles with pak choi, radish, carrot,
edamame, beansprouts, spring onion + red chilli in
an aromatic broth, served with kimchi 721 kcal

FIESTA TACOS (vg) 14.60
roasted butternut squash, fresh avocado, black
beans, vegan style feta, tomato herb salsa,
pickled red onion, coriander, green chilli +
coconut yoghurt in soft tortilla shells 543 kcal

SQUASH + COCONUT GRAIN BOWL (vg) 15.60
roasted butternut squash, chickpea, red pepper +
spinach in a coconut + turmeric sauce with quinoa,
lentils, mixed grains + micro cress 751 kcal

RIGATONI POMODORO (vg) 13.00
tomato, zucchini, rocket + vegan style feta 626 kcal

SUNSHINE SALAD (vg) 12.40
roasted butternut squash, avocado, tabbouleh,
zucchini, beetroot + carrot ribbons, cherry
tomatoes, fresh herbs, omega seeds + mixed leaves
with agave mustard dressing 348 kcal
+ vegan style feta (vg) +76 kcal 3.80

SONOMA TOFU BURGER (vg) 16.60
chilli lime marinated tofu slices, avocado,
jalapeño, pickled red onion, aioli, coriander +
tomato, served with skin-on fries 909 kcal
or salad 687 kcal

ROSEWOOD PIZZA (v) 15.80
béchamel sauce, spinach, chilli, olives,
baked egg, mozzarella + smoked applewood with
truffle oil 988 kcal

RANCH PIZZA (v) 15.80
béchamel sauce, caramelised onions, pear,
walnuts, blue cheese + mozzarella 1051 kcal

MARGHERITA SONOMA (v) 14.00
tomato sauce, basil, mozzarella +
smoked applewood 862 kcal

(v) = vegetarian (vg) = vegan (gc) = gluten conscious

CHECK OUT OUR MAIN MENU FOR OUR LOVELY EXTRAS + WONDERFUL SWEET PLATES