



# Sonoma

## VEGGIE + VEGAN

### BREAKFAST

available until 11am

**FREE RANGE EGGS (v) 9.50**  
fried 405 kcal or scrambled 501 kcal eggs,  
classic sourdough toast, herb roasted plum  
tomato + watercress  
+ avo smash with nigella seeds + fresh  
lime +145 kcal 4.10

**AVOCADO SMASH (vg) 12.45**  
mixed tomatoes, omega seeds, pickled red  
onions, fresh coriander, basil oil on  
classic sourdough 639 kcal

**CALIFORNIA BREAKFAST BOWL (v) 12.45**  
tabbouleh, fresh herbs, mixed leaves,  
avocado, scrambled eggs, cherry tomatoes +  
coconut yoghurt 923 kcal

**NUTTY GRANOLA BOWL (vg)(gc) 7.90**  
house-made nut granola, mixed seeds,  
chopped dried fruits, with fresh fruits +  
coconut yoghurt 603 kcal

**OVERNIGHT OATS (vg)(gc) 8.95**  
apple soaked gf oats + chia seeds, coconut  
yoghurt, cherry compote, fresh berries,  
omega seeds 619 kcal

**BRIOCHE FRENCH TOAST (v) 11.95**  
cherry compote, labneh, fresh berries,  
pecans 597 kcal

**BANOFFEE WAFFLES (v) 11.75**  
fresh banana, salted caramel sauce, vanilla  
cream, pecans, fresh berries 1124 kcal

**SIMPLY MORNING PORRIDGE (vg) 7.30**  
oat milk, agave + omega seeds 336 kcal

**CROISSANT, JAM + BUTTER 398 kcal (v) 3.75**

**PAIN AU CHOCOLAT 325 kcal/  
PAIN AU RAISIN 376 kcal (v) 3.90**

### AVAILABLE ALL DAY

**PETALUMA SUNRISE (v) 12.70**  
free range fried eggs, hummus, olives,  
avocado, tabbouleh, mixed leaves, lime  
habanero yoghurt, warm pitta bread 1392 kcal

**SAN FRAN OPEN (vg) 11.75**  
wild mushrooms, crumbled vegan style feta,  
mixed cherry tomatoes, microcress, basil  
oil on gluten free toast 684 kcal

**VEGGIE BREAKFAST (v) 15.00**  
fried 996 kcal or scrambled 977 kcal eggs,  
avocado smash, mixed mushrooms, herb  
roasted plum tomato, hash potatoes, heinz  
baked beans, classic sourdough toast  
**GO VEGAN**

swap eggs for tofu scramble (vg) 844 kcal

available from 11am

### STARTERS + FOR SHARING

**NACHOS TRAY (v)(gc) 11.20**  
melted cheese, mixed beans, cheese sauce,  
avo smash, fresh tomato salsa, sour cream +  
chipotle sauce 1020 kcal

**TURMERIC HUMMUS  
+ CRUDITÉS (vg) 7.90**  
sourdough pitta bread with za'atar +  
olive oil 606 kcal

**CRISPY ENOKI MUSHROOMS (vg) 7.30**  
chilli soy dipping sauce 379 kcal

### LOVELY EXTRAS

**HOUSE FRIES (vg)(gc) 452 kcal 5.00**

**SWEET POTATO FRIES  
(vg)(gc) 623 kcal 6.00**

**TENDERSTEM BROCCOLI  
WITH GARLIC + CHILLI  
(vg)(gc) 170 kcal 4.35**

**SEASONAL MIXED SALAD (vg) 4.30**  
mixed market salad leaves, bulgur wheat,  
cucumber, red & green onion, fresh herbs  
+ omega seeds with citrus dressing 151 kcal

**APPLE SLAW (vg)(gc) 105 kcal 4.30**

### MAINS

**KERALAN CURRY (vg) 16.20**  
crispy tofu, cauliflower, edamame beans,  
chickpeas, brown rice, coconut yoghurt 1005 kcal

**ENOKI MUSHROOM & KIMCHI RAMEN (vg) 15.00**  
pak choy, radish, carrot, edamame,  
beansprouts, spring onion, udon noodles,  
red chilli 749 kcal

**HOUSE GRAIN SALAD (vg) 12.40**  
mixed market salad leaves, bulgur wheat,  
cherry tomatoes, grated raw beetroot +  
carrot, edamame, cucumber, green + red onion,  
pomegranate, omega seeds + fresh herbs,  
with citrus dressing 448 kcal  
+ vegan style feta +153 kcal 3.70

**SONOMA BEET BURGER (vg) 16.40**  
beetroot & quinoa patty, roasted red pepper,  
tangy apple slaw, b\*con jam mayo + salad  
garnish in a vegan bun 728 kcal

**MARGHERITA SONOMA (v) 13.50**  
tomato sauce, mozzarella + smoked cheddar,  
basil 862 kcal

**ROSEWOOD (v) 15.80**  
spinach, chilli, olives, white sauce, egg,  
smoked cheddar, mozzarella, truffle oil 986 kcal

**FUSILLI POMODORO (vg) 12.00**  
fresh roasted tomato, basil sauce 658 kcal

### CHECK OUT OUR MAIN MENU FOR OUR WONDERFUL SWEET PLATES

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



# GLUTEN CONSCIOUS

## BREAKFAST

available until 11am

### FREE RANGE EGGS (v) 9.50

fried 511 kcal or scrambled 607 kcal eggs,  
gluten free toast, herb roasted plum  
tomato + watercress

+ smoked salmon +111 kcal 4.70

+ avo smash with nigella seeds + fresh  
lime +145 kcal 4.10

+ crispy bacon +172 kcal 3.50

### AVOCADO SMASH (vg) 12.45

mixed tomatoes, omega seeds, pickled red  
onions, fresh coriander, basil oil on  
gluten free toast 639 kcal

+ crispy bacon +172 kcal 3.50

### OVERNIGHT OATS (vg) 8.95

apple soaked gf oats + chia seeds, coconut  
yoghurt, cherry compote, fresh berries,  
omega seeds 619 kcal

### SIMPLY MORNING PORRIDGE (vg) 7.30

oat milk, agave + omega seeds 336 kcal

### NUTTY GRANOLA BOWL (vg) 7.90

house-made nut granola, mixed seeds, chopped  
dried fruits, with fresh fruits + coconut  
yoghurt 603 kcal

## AVAILABLE ALL DAY

### BIG SUR OPEN 13.75

flaked poached salmon, avocado, labneh,  
soft boiled egg, basil oil, fresh dill  
on gluten free toast 681 kcal

### SAN FRAN OPEN (vg) 11.75

wild mushrooms, crumbled vegan style feta,  
mixed cherry tomatoes, microcress, basil  
oil on gluten free toast 684 kcal

available from 11am

## STARTERS + FOR SHARING

### NACHOS TRAY (v) 11.20

melted cheese, mixed beans,  
cheese sauce, avo smash, fresh  
tomato salsa, sour cream +  
chipotle sauce 1020 kcal

+ pulled chicken 123 kcal 4.35

### BEACHCOMBER FRY 9.95

crispy squid, prawns + shell-on  
prawns, kimchi mayo 359 kcal

### HERB ROTISSERIE CHICKEN WINGS 8.95

lime habanero sauce 932 kcal OR truffle  
artichoke aioli 903 kcal

## STONE-BAKED PIZZA

on our gluten-free base

### MARGHERITA SONOMA (v) 13.50

tomato sauce, mozzarella + smoked  
cheddar, basil 829 kcal

### SANTA ROSA 15.20

salami, pepperoni, olives, tomato sauce,  
mozzarella + smoked cheddar 997 kcal

### ROTISSERIE CHICKEN 15.80

shredded rotisserie chicken, mozzarella  
+ smoked cheddar, slivered green onions,  
rocket, white sauce, pancetta bits 934 kcal

### ROSEWOOD (v) 15.80

spinach, chilli, olives, white sauce, egg,  
smoked cheddar, mozzarella, truffle oil 953 kcal

## MAINS

### FISH N CHIPS 17.00

coated in craft beer batter  
and served with house fries +  
homemade tartare 1313 kcal

### SEAFOOD FUSILLI 14.60

prawns, calamari, courgette,  
cherry tomato, garlic butter,  
lemon zest 902 kcal

### FUSILLI RAGU 14.60

slow cooked beef shin ragu,  
gran levanto 695 kcal

### FUSILLI POMODORO (vg) 12.00

fresh roasted tomato,  
basil sauce 672 kcal

+ pulled rotisserie  
chicken +123 kcal 4.70

### BODEGA BAY

### CHILLI BOWL 14.50

slow cooked beef shin &  
refried bean chilli, avocado,  
mango pineapple salsa,  
sour cream, corn chips,  
brown rice 1070 kcal

## LOVELY EXTRAS

### HOUSE FRIES (vg) 452 kcal 5.00

### TENDERSTEM BROCCOLI WITH GARLIC + CHILLI (vg) 170 kcal 4.35

### APPLE SLAW (vg) 105 kcal 4.30

## WONDERFUL SWEET PLATES

### CHOCOLATE BROWNIE (v) 8.20

dark chocolate sauce + vanilla  
ice cream 715 kcal

### ICE CREAM BOWL (vg) 6.50

choose 3 scoops of vanilla 72 kcal,  
chocolate 82 kcal, strawberry 92 kcal,  
stracciatella 88 kcal or coconut 99 kcal

(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 and 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](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. 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. 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. | 0323

