

## HOW IT WORKS

- 1 Choose
- 2 Weigh
- 3 Pay
- 4 Enjoy!

## SALADS

Barley salad  
with parsnip &  
carrot

Curried  
quinoa salad v

Fregola sarda  
with button  
mushrooms &  
squash v

Kale-Swede  
salad v

Pink grapefruit-  
orange salad v

Seedy slaw  
with kale v

Sesame & kelp  
noodle salad v

Tamarind glass  
noodle salad v

Tofu-avocado  
salad

## HOT DISHES

Barley stew  
with radicchio v

Freekeh v

Glazed vegetable loaf v

Roast Beetroot v

Roast Pumpkin v

Roasted Brussel sprouts  
with ginger v

Seitan Bourginon v

Spinach quiche  
with lovage

Swiss Alpine Macaroni

Tricolour potatoes v

Vegan shakshuka v

Pumpkin-chestnut  
soup v

## DESSERTS

Chai tea cream v

Chia-blueberry  
layered dessert v

Golden turmeric cream v

Lemon Cheesecake

Raw chocolate  
apricot squares v

Bread & butter pudding

Orange-ginger bake v

Sticky toffee pudding v

Polenta biscuits

Please note dishes are subject to change, depending on availability.  
Every Tuesday the Food Boat is 100% vegan.  
Feel free to come in, and have a look round.