

# BRUNCH

MON - SUN UNTIL 16:00

**Avocado Green Goddess On Toast 12.5** 709kcal  
Sprouting Mung Beans, on Wildfarmed Sourdough

**House-Made Granola 9.75** 584kcal  
Coconut Yoghurt, Forest Fruits

**Seasonal Fruit Salad 8.5** 327kcal  
Fresh Mint

**Chia Seed, Coconut & Turmeric Yoghurt Bowl 8.75** 554kcal  
Pineapple, Kiwi, Mint

**Sweetcorn & Courgette Hash 11.75** 521kcal  
Chilli Coconut Yoghurt, Rocket & Soft Herbs

**Plant-based House Breakfast 13.95** 972kcal  
Falafels, Avocado Green Goddess, Slow Roasted Tomatoes,  
Field Mushrooms, Wildfarmed Sourdough

# ALL DAY

MON - SAT 11:30 - 22:00  
SUN 11:30 - 21:00

## SMALL & SHARING

**Chickpea & Green Verbena Harissa Dip 9.95** 721kcal  
Paratha Bread

## BIGGER PLATES

**House Garden Salad 14.95** 803kcal  
Tabbouleh, Cherry Tomatoes, Peas, Edamame,  
Roasted Peppers, Cucumber, Za'atar

**Symlicity Burger 14.95** 776kcal  
Kimchi Slaw, Pickled Cucumber, Spicy Bbq Sauce  
**Add Skin-on Fries +4.5** 780kcal

## PUDS

**Blackberry & Apple Crumble 8.5** 873kcal  
Vegan Rainforest Ice-Cream 71kcal

**Ice-Creams & Sorbets 2.2 per Scoop** 142kcal  
One, Two Or Three Scoops  
Vegan Rainforest Ice-Cream 113kcal  
Raspberry Sorbet 69kcal  
Mango Sorbet 72kcal  
Blackcurrant Sorbet 82kcal

# PLANT-BASED

## FORCE OF NATURE

*We are committed to sourcing the best quality, most sustainable ingredients from suppliers who care as much as we do.*

*From "wonky" vegetables in our dishes & drinks, to help reduce food waste (that would otherwise be discarded for use) to using higher welfare meat and sustainable fish species - we strive to make a difference.*

*In doing so, we are proud to hold a coveted  
**3\* with the Sustainable Restaurant Association***

## DRINKS

**Classic Bellini 9.5**

**Breakfast Martini 11**

**Bloody Mary 12.6/12.42**

Please see our full drinks menu for our house-made lemonades, fresh juices and brunch cocktails

## SUNDAY ROASTS

FROM NOON SUNDAY

**Sweet Potato & Spinach Falafel 18** 991kcal  
Served With Seasonal Vegetables and Roast Potatoes,  
Plant-Based Gravy

## SIDES

**Skin on Fries 4.75** 780kcal

**Mixed Vertical Farm Leaf Salad 4.95** 152kcal  
Mustard Seed Vinaigrette

**Spring Greens 5** 144kcal  
Peas, edamame, Chilli

## BOTTOMLESS DRINKS 30pp

Upgrade your booking with 90min of free flowing drinks.  
Ask the team for details.

*Some of our dishes or drinks may contain allergens. \*u-p: unpasteurized. Please let us know if you have any allergies or dietary requirements.*

*As our dishes are made from scratch here in the kitchens we cannot 100% guarantee the absence of trace allergens.*

*Adults need approx. 2,000kcal per day.*

*A discretionary service charge of 12.5% will be added to your bill. All of our service charge goes to our team, always has, always will.*