

FOODWELL LUNCH

MINDFUL DINING

HEALTH SHOTS 3 | HARD GREENS | CARROT, GOLDEN BEET & TURMERIC | BLACK CARROT & BERRIES

SMALL PLATES & STARTERS

NOCELLARA OLIVES	3.5
GUACAMOLE & CORN CRACKERS GF V VEG	6
BURRATA whipped burrata, broken tomato, basil oil, lemon, pine nuts. VEG	9.5
SALMON CEVICHE passion fruit tiger's milk, purple potato, pickled beet, avo, lotus root. GF	9
LAMB RAS EL HANOUT	9.5
celeriac puree, pickled red onion, dukkah, rose & sumac yoghurt. GF	
SATAY CHICKEN	9
peanut, penang sauce, thai slaw, seeds, nuts	

BRUNCH

DAILY FLATBREAD	9
baked daily. ask your server for today's selection	
FOODWELL BURGER	14
superfood brioche, chipotle sour cream, cheese, salsa verde, avocado, crispy onion, smoked sumac salted chips	
AUSSIE BEACH BREAKFAST	9
bacon, poached egg, avo, lime, chilli, tomato, spinach, halloumi. GF	
STEAK & EGGS	9
flat iron, scrambled egg, tomato, spinach, korean ketchup. GF	
JALAPEÑO CORN BREAD, BLACK BEAN SALSA	8
chilli cornbread, avocado, poached egg, bean salsa, pickled red onion, harissa sour cream. GF VEG	
JACKFRUIT ON SOURDOUGH	7
tomato, spinach, harissa, cheese. GF VEG	
HAM & CHEESE TOASTIE	8
jerk ham hock, pineapple chutney, mixed leaf salad	

LARGE PLATES

TOKYO RAMEN	11.5
fragrant tokyo-style dashi bone broth, broccoli, beansprouts, rainbow vegetables, lime, beetroot egg, bone broth. GF	
ADD HALLOUMI, SMOKED TOFU OR CHICKEN	3.5
COCONUT KATSU CURRY	15
chicken, pickled ginger & vegetables, katsu sauce	
FISH CURRY	18
seabass, king prawn, corn, lychee, pineapple, red coconut sauce, sour thai noodles	
POKÉ BOWL	8
whole grain miso rice, pickled red cabbage, ginger, edamame, avocado, rainbow beets, pineapple, sesame. GF	
ADD HALLOUMI, SMOKED TOFU OR CHICKEN	3.5
ADD RAW TUNA	7
DAILY SALAD BOWL	6
high carb, low carb or Plannt. ask your server for today's selection	
ADD HALLOUMI, SMOKED TOFU OR CHICKEN	3.5
ADD RAW TUNA	7

COCKTAILS

BUTTERFLY PEA PORNSTAR	10
butterfly pea, finlandia, lime, pineapple, prosecco	
RHUBARB PALOMA	8
rhubarb, grapefruit, lime, pink peppercorn, soda	
LYCHEE MIMOSA	6

Plannt. Nutrition-focussed, plant-powered dishes from around the world.

Lemon Courgette Scallops	7
celeriac spaghetti, lemon, samphire, smoked cashews, toasted almonds. GF V VEG	
Aubergine Fillet	6.5
pineapple, smoked tofu, roasted pepper, korean sweet & sour, coconut, crispy shallot. V VEG	
Cauliflower Hot Wings	7
southern spice, chilli dipping sauce. GF V VEG	
Indian Mushroom Balti Burger	12
shiitake mushroom, baby gem, pickled red cabbage, harissa cheese, korean ketchup, smoked sumac salted chips. V VEG	
Black Bean & Lentil Nachos	11
sweet potato cheese, salsa verde, mint, coriander, basil, chilli. V VEG	
Cauliflower Shawarma	12.5
charred cauliflower, coconut yoghurt, pine nuts, pomegranate, coriander, chilli, rose. GF V VEG	

SIDES

HALLOUMI SLEEPERS	4.5
greek yoghurt, pomegranate, mint. GF VEG	
HISPI CABBAGE	5
miso, feta. GF VEG	
CHIPS	4
smoked sumac, salt. GF V VEG	
TOGARASHI VEGETABLES GF VEG	4.5
MISO RICE GF V VEG	4.5
MIXED LEAF SALAD GF VEG	4
BALTI HASSELBACK POTATOES GF V VEG	4.5

ALL TABLES ARE SUBJECT TO A DISCRETIONARY SERVICE CHARGE OF 10% WHICH GOES DIRECTLY TO THE STAFF WHO WORKED ON THE DAY. PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES OR INTOLERANCES UPON SEATING.

V VEGAN VEG VEGETARIAN GF GLUTEN FREE

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