

Hello
Plannnt.
take over!

Purify your body & soul at **FOODWELL**
We are making a conscious effort to eat more
plants and less meat. Our new menu is
made up of 80% plant-based dishes

plant 🌿 *meat free*










NIBBLES

-  **Nocellara Olives** 4.5
Over ice ve gf
-  **Steamed Edamame** 4.5
Shichimi Pepper, Maldon sea salt ve gf
-  **Chunky Guacamole** 6.5
Corn chips ve gf
-  **Smooth Whipped Hummus** 6.5
Green harissa & hand stretched flatbread ve
-  **Halloumi Popcorn** 7.50
Honey & truffle drizzle v

ve vegan
v vegetarian
gf gluten free

plant  meat free

SMALL PLATES

-  **Cauli Hot Wings** 7
Golden crispy cauliflower wings with buffalo dunking sauce ve gf
-  **Aromatic Roast Aubergine** 7.5
Tenderised spiced aubergine, chilli & coriander labneh with crisp flatbread ve
-  **Heritage Tomato Tartar** 9
Marinated, scorched & pickled tomatoes, jalapeño & elderflower jam, passionfruit, cucumber & rainbow radish, sourdough crisps ve
-  **Flamed Yakitori Maitake Mushrooms** 9.5
Char sui glaze, sour Thai slaw & crushed nuts ve
-  **Smoked Carrot & Barley Risotto** 9
Kale crisps, lemon verbena & truffle vinaigrette ve
-  **Corn Chowder** 6
Sweetcorn fritter, ginger, coconut cream, coriander ve gf
-  **Burrata** 9.5
Sticky fig, baby beets, hazelnuts, lemon, herb oil, crisp radishes v
- Flamed Yakitori Chicken Skewers** 9.5
Crispy chicken, thick peanut Penang sauce, sour Thai slaw & crushed nuts
- Tempura Prawn** 10
Light, crisp king prawns with lime & sriracha dipping mayo

MINDFUL / DETOX BOWLS

Feel free to add your choice of protein

-  **Soothe: Coconut & Lentil Dahl** 14
Lemongrass, coconut, avocado, chard, toasted almonds, mixed grains ve
-  **Detox: Poke Bowls** 9.5
Watermelon radish, spiralised veg, pickled cabbage, brown sushi rice, avocado, pickled ginger & chargrilled pineapple ve gf
-  **Cure: Plannt Ramen** 11
Fragrant Tokyo-style umami broth with broccoli, beansprouts, rainbow vegetables, lime & ramen noodles ve
- Nourish: Bone Broth Ramen** 11
Fragrant Tokyo-style dashi umami broth with broccoli, beansprouts, rainbow vegetables, lime, ramen noodles, & beetroot egg
-  **Power: Black Quinoa Salad** 9
Black quinoa, green mango, pomegranate, spring onion, coriander, feta, lime & jalapeño dressing v gf
-  **Charge: Bulgar & Buckwheat Grain Bowl** 9
Sweet potato, broccoli, peanuts, sweet miso & sesame dressing ve
-  **Nurture: Sprout & Heritage Vegetable Slaw** 9
Heritage carrots & radishes, preserved lemon & sumac dressing, confit garlic crispy shallots ve
-  **Vitality: Zaatar Roasted Squash** 9
Red onion, courgette, green beans & hazelnuts, kimchi & umeboshi dressing ve gf

Add proteins: crispy tofu ve gf / satay chicken gf / halloumi v gf / tuna gf 4

LARGE PLATES

-  **Plannt Fondue Burger** 12.5
Mushroom & lentil pattie, melting smoked vegan Gouda cheese, baby gem, pickled red cabbage, ketchup & French fries ve
-  **Sicilian Rigatoni Pasta Alla Norma** 12
Tender Rigatoni pasta with a rich garlic San Marzano tomato sauce, grilled courgette, aubergines, lemon zest & Basil ve
-  **Cauliflower Sweet & Sour** 12
Crispy cauliflower karagee, fermented pineapple sweet & sour sauce, sticky miso rice ve
-  **Pulled Mushroom Pizzetta** 9.5
Hand stretched flatbread topped with spicy pulled oyster mushrooms, red onion, lemongrass & sriracha dressing ve
- Sicilian Gamberoni Tubetti Pasta Alla Norma** 14
Grilled King Prawns, Tender Rigatoni pasta with a rich garlic San Marzano Tomato Sauce, grilled courgette, Aubergines, lemon zest & Basil
- Spiced Chicken Pizzetta** 9.5
Blistered flatbread topped with satay spiced chicken, red onion, mozzarella & chilli & lemongrass dressing
- FoodWell Burger** 14
Chargrilled rib & chuck beef burger, toasted brioche bun, spiced ketchup, grilled cheese, sliced avocado, green salsa, served with golden French fries
- Hot Bird Burger** 12
Crispy fried chicken on toasted superfood brioche, sriracha mayo, avocado, sour thai slaw & crispy onions, served with golden French fries
- White Miso Grilled Chicken** 14
Grilled crispy chicken breast with a white miso & sriracha caramel glaze, wilted choy sum & Asian greens
- Coconut Chicken Katsu Curry** 14
Crispy, golden chicken with our coconut curry sauce, rainbow vegetable noodles, pickled ginger & sesame gf

SIDES

-  **Tenderstem Broccoli** 5
Romesco, smoked almonds ve gf
-  **Maple Roasted Heritage Carrots** 5
Coriander & garlic crisps ve gf
-  **Steamed Brown Sushi Rice** 4.5
Miso & crispy shallots ve
-  **French Fries** ve gf 4
-  **Aspen Fries** 5
Parmesan & truffle v gf
-  **Seasonal Salad** 4.5
French Dressing ve gf





Please make your server aware of any allergies
All tables are subject to a discretionary service charge of 10%

WWW.THEFOODWELL.CO.UK | @FOODWELLMCR |
PRIVATE HIRE & EVENTS HELLO@THEFOODWELL.CO.UK

