

choose your BALL, SAUCE, CARB and GREENS - then we'll do the rest

## BALL

■ **beef** a spicy, classic Italian meatball, made in house with steak mince  
g<sub>f</sub>

■ **black bean** with red kidney beans, chick-peas and mexi-can spices  
v<sub>g</sub>  
g<sub>f</sub>

■ **jerk chicken** spicy breast bites in golden, panko breadcrumbs

■ **not-meat** 100% plant-based mince with garlic and jerk seasoning  
v<sub>g</sub>

## SAUCE

■ **salsa** diced onion and pepper steeped in a cold tomato and olive oil base  
v<sub>g</sub>  
g<sub>f</sub>

■ **arrabiata** tomato sauce with garlic, chilli, basil, oregano and balsamic  
v<sub>g</sub>  
g<sub>f</sub>

■ **chipotle yo-ghurt** with chili, lime and a paprika-laced veganaise  
v<sub>g</sub>  
g<sub>f</sub>

■ **bbq hot and fiery jamaican** sauce with a hint of sweetness  
v<sub>g</sub>  
g<sub>f</sub>

## CARB

■ **nachos** one Mexican flat-bread, lightly seasoned and deep-fried  
v<sub>g</sub>  
g<sub>f</sub>

■ **(cajun) fries** thin-cut chips, crispy outside and light inside  
v<sub>g</sub>  
g<sub>f</sub>

■ **pasta** giant pennoni, served al-dente and dressed with fresh herbs  
v<sub>g</sub>  
g<sub>f</sub>

■ **rice n peas** white rice and kidney beans slow-cooked in coconut milk  
v<sub>g</sub>  
g<sub>f</sub>

## GREENS

■ **mixed-leaf** salad and watercress with pink grapefruit vinaigrette  
v<sub>g</sub>  
g<sub>f</sub>

■ **plantain** deep-fried cooking banana soaked in sugar, chili and paprika  
v<sub>g</sub>  
g<sub>f</sub>

■ **coleslaw** shredded white cabbage and carrot in a vegan mayonnaise  
v<sub>g</sub>  
g<sub>f</sub>

■ **aubergine** oven-roasted with onions, peppers and garlic  
v<sub>g</sub>  
g<sub>f</sub>

ANY STYLE ANY COMBO

or a smaller lunchtime portion

12 - 9 PM

12 - 3 PM

£8

£5