

# VEGGIE & VEGAN CHOICES



## BREAKFAST available until 11:00am

House made granola bowl (vg)(n) coconut granola, walnuts, almonds, mixed seeds, chopped dried fruits, with fresh fruit + coconut yoghurt	6.50
California breakfast bowl (v) quinoa, kale salad leaves, scrambled eggs, grated radish, avocado, roast cherry tomatoes + coconut yoghurt	10.25
Buttermilk pancakes (v) banana, strawberries, raspberries with maple syrup	10.25
Thick cut brioche french toast (v) raspberry jam + ricotta with maple syrup	9.50
My morning porridge bowl poached pear, pumpkin seeds, pomegranate + honey (v) strawberry, banana, pomegranate + honey (v) choose water, soya or semi skimmed milk + switch to oat, coconut or almond milk +50p	6.00

### AVAILABLE ALL DAY

Veggie breakfast (v) fried or scrambled eggs, havarti cheese, avocado smash, mixed mushrooms, roast cherry tomatoes, Heinz baked beans, classic sourdough toast	12.50
Vegan breakfast (vg) tofu scramble with coconut yoghurt, avocado smash, hash potatoes, mixed mushrooms, roast cherry tomatoes, Heinz baked beans, classic sourdough toast	12.50

Tofu scramble tacos (vg) black bean + tofu scramble with coconut yoghurt, mixed tomatoes, chipotle sauce, oregano, sweet paprika, avocado on a soft corn tortilla	10.25
Avocado farm toast (vg) avo smash, mixed tomatoes, nigella seeds, fresh coriander, pickled red onions, basil oil on brown sourdough	10.25
Breakfast stack croque (v) cheddar + mozzarella, spinach, aubergine, mustardy cheesy sauce, harissa + fried egg to any croque toastie	10.25 + 2.00
Free range eggs any style (v) fried or scrambled eggs, classic sourdough toast + roast cherry tomatoes avo smash with nigella seeds + fresh lime (vg)	7.50 + 3.50
Open pan skillet omelette (v) roast peppers, mushrooms + cheddar cheese with sourdough toast	11.25
Mediterranean plate of sunshine (v) free range fried eggs, chopped middle eastern salad, labne cheese, avocado, grilled flatbread toasts	11.50
Breakfast pizza (v) free range egg, cherry tomatoes, mushrooms, thyme, mozzarella + smoked cheddar, tomato sauce	12.00

## STARTERS + FOR SHARING

available from 11:00am

Nachos tray (v) melted cheese, roquito® peppers, mixed beans, corn sauce, avo smash, fresh tomato salsa, sour cream + chipotle sauce	9.20
Turmeric hummus + crudité (vg) flatbread with za'atar & olive oil	6.50

Crunch salad (vg) quinoa, pomegranate seeds, avocado, parsley, cherry tomato, red onion, pumpkin seeds + orange vinaigrette dressing	6.50
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## LOVELY MAINS available from 11:00am

Chardonnay club sandwich (v) havarti cheese, avocado smash, baby gem, grated carrot + beetroot, lemon aioli	10.50
Fusilli pasta bowl (vg) fresh roasted tomato + basil sauce	10.00
Rosewood Pizza (v) spinach + baby kale, chilli, olives, white sauce, egg, smoked cheddar + mozzarella, truffle oil	12.50
Margherita Pizza (v) tomato sauce, mozzarella + smoked cheddar, basil	11.50

House grain salad (vg) mixed market salad leaves, cherry tomatoes, grated raw beetroot + carrot, radishes, cucumber, ancient grains, red onion, pomegranate, with our house dressing	10.25
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Top up with grilled halloumi (v)	+ 4.00
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Keralan curry (vg) butternut squash, zucchini, carrots, spinach, chickpeas, cherry tomatoes, coconut brown rice, coconut yoghurt	13.50
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Modern burrito bowl (vg) refried black beans, coconut + edamame rice, spicy tofu, avo smash, coconut yoghurt + fresh tomato salsa	12.25
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Beetroot + quinoa burger (vg)(n) avo smash, tangy apple slaw, vegan green pesto, tomato, beetroot bun	13.50
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## LOVELY EXTRAS

House fries (vg)	4.00
Sweet potato fries (vg)	4.90
Green beans with garlic + chilli (vg)(gf)	4.00
Seasonal mixed salad (vg) mixed market salad leaves, cherry tomatoes, grated raw beetroot and carrot, radishes, cucumber, ancient grains, red onion, pomegranate, with our house dressing	4.40

## WONDERFUL SWEET PLATES

Ice cream bowl (vg) choose 3 scoops of tropical, vanilla, chocolate chip or berry	5.25
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All our ice creams are vegan

(v) = vegetarian  
(vg) = vegan  
(n) = contains nuts

Many of our dishes are free of gluten.  
Please see overleaf for our Gluten  
Free menu for the full range.

# GLUTEN FREE \* CHOICES

Let your server know you're ordering gluten free before you start

## BREAKFAST available until 11:00am

California breakfast bowl (v) 10.25  
quinoa, kale salad leaves, scrambled eggs, grated radish, avocado, roast cherry tomatoes + coconut yoghurt

Tofu scramble tacos (vg) 10.25  
black bean + tofu scramble with coconut yoghurt, mixed tomatoes, chipotle sauce, oregano, sweet paprika, avocado on a soft corn tortilla

Free range eggs any style (v) 8.50  
fried or scrambled eggs, gluten free toast + roast cherry tomatoes

Open pan skillet omelette (v) 12.25  
roast peppers, mushrooms + cheddar cheese with gluten free toast

Breakfast pizza (v) 14.00  
free range egg, cherry tomatoes, mushrooms, thyme, mozzarella + smoked cheddar, tomato sauce on our gluten free pizza base

My morning porridge bowl 6.00  
poached pear, pumpkin seeds, pomegranate + honey (v)  
strawberry, banana, pomegranate + honey (v)  
choose water, soya or semi skimmed milk + switch to oat, coconut or almond milk +50p

## SIDES

Crispy bacon 3.00 Free Range Egg (v) 2.00  
Toast, jams, 5.00 Heinz baked 2.00  
butter (v) beans (vg)

## TO START + FOR SHARING

available from 11:00am

Crunch salad (vg) 6.50  
quinoa, pomegranate seeds, avocado, parsley, cherry tomato, red onion, pumpkin seeds + orange vinaigrette dressing

Szechuan pepper fried calamari 8.00  
sweet chilli dip

## PIZZAS

Margherita Sonoma (v) 13.50  
tomato sauce, mozzarella + smoked cheddar, basil on our gluten free pizza base

Santa rosa 14.50  
salami, pepperoni, olives, tomato sauce, mozzarella + smoked cheddar on our gluten free pizza base

## LOVELY MAINS available from 11:00am

Fish n chips 14.25  
coated in gluten free craft beer batter and served with house fries + green herb tartare

Modern burrito bowl (vg) 12.25  
refried black beans, coconut + edamame rice, spicy tofu, avo smash, coconut yoghurt + fresh tomato salsa

Salmon sushi rice + black sesame bowl 16.00  
salmon fillet\*, brown rice, avocado, pomegranate, baby kale, edamame beans, nori + teriyaki sauce

Chicken schnitzel with 15.50  
mustard crumbs  
with lovely crispy fries + kale Caesar salad

Salami amatriciana 12.50  
salami, bacon, olives, amatriciana sauce, italian hard cheese + gluten free fusilli

Tomato fusilli (vg) 10.00  
gluten free fusilli pasta, fresh roasted tomato + basil sauce

House grain salad (vg) 10.25  
mixed market salad leaves, cherry tomatoes, grated raw beetroot + carrot, radishes, cucumber, ancient grains, red onion, pomegranate, with our house dressing

Top up with  
Grilled halloumi (v) + 4.00  
Rotisserie chicken + 4.00  
Salmon fillet\* + 5.00

## LOVELY EXTRAS

House fries (vg) 4.00

Garlic pizza bread (v) 5.00  
+ melted cheese (v) 1.00

Sweet potato fries (vg) 4.90

Green beans with 4.00  
garlic + chilli (vg)

Seasonal mixed salad (vg) 4.40  
mixed market salad leaves, cherry tomatoes, grated raw beetroot and carrot, radishes, cucumber, ancient grains, red onion, pomegranate, with our house dressing

N = Contains nuts. V = Vegetarian. These products do not contain any meat or fish. VG = Vegan. These dishes are made from ingredients that do not contain any animal products. However we do not have dedicated preparation or cooking areas in our kitchens for vegetarian or vegan food. \* Gluten free means foods that contain gluten at a level of no more than 20 parts per million. All dishes on this menu are subject to ingredient availability. There is a small possibility that allergen traces, other than gluten, may be found in any menu item. We advise you to speak to a member of staff if you have any food allergies or intolerances. Not all ingredients are shown in the dish descriptions. For full details visit [www.restaurantallergens.com/sonoma](http://www.restaurantallergens.com/sonoma). Our fish is a natural product & may contain small bones. We are happy to provide you with allergen guidelines for all our menu items. TRG Concessions only use RSPCA Assured™ shell eggs in our restaurants. This means we use suppliers and farmers that adhere to the RSPCA welfare standard and have been checked by RSPCA assessors.  
All prices are in Pounds Sterling.