

VEGGIE & VEGAN CHOICES



BREAKFAST available until 11:00am

House made granola bowl (vg)(n) 6.50
coconut granola, walnuts, almonds, mixed seeds, chopped dried fruits, with fresh fruit + coconut yoghurt

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

AVAILABLE ALL DAY

Veggie breakfast (v) 12.50
fried or scrambled eggs, havarti cheese, avocado smash, mixed mushrooms, roast cherry tomatoes, Heinz baked beans, classic sourdough toast

Vegan breakfast (vg) 12.50
tofu scramble with coconut yoghurt, avocado smash, hash potatoes, mixed mushrooms, roast cherry tomatoes, Heinz baked beans, classic sourdough toast

Buttermilk pancakes (v) 10.25
banana, strawberries, raspberries with maple syrup

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

Avocado farm toast (vg) 10.25
avo smash, mixed tomatoes, nigella seeds, fresh coriander, pickled red onions, basil oil on classic sourdough

Free range eggs any style (v) 7.50
fried or scrambled eggs, classic sourdough toast + roast cherry tomatoes
avo smash with nigella seeds + fresh lime (vg) + 3.50

Open pan skillet omelette (v) 11.25
roast peppers, mushrooms, cheddar cheese + sourdough toast

Mediterranean plate of sunshine (v) 11.50
free range fried eggs, chopped middle eastern salad, labne cheese, avocado, grilled flatbread toasts

STARTERS + FOR SHARING

available from 11:00am

Nachos tray (v) 9.20
melted cheese, roasted peppers, mixed beans, corn sauce, avo smash, fresh tomato salsa, sour cream + chipotle sauce

Turmeric hummus + crudité (vg) 6.50
flatbread with za'atar & olive oil

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

LOVELY MAINS available from 11:00am

Chardonnay club sandwich (v) 10.50
havarti cheese, avocado smash, baby gem, grated carrot + beetroot, lemon aioli

Fusilli pasta bowl (vg) 10.00
fresh roasted tomato + basil sauce

Rosewood Pizza (v) 12.50
spinach + baby kale, chilli, olives, white sauce, egg, smoked cheddar + mozzarella, truffle oil

Margherita Pizza (v) 11.50
tomato sauce, mozzarella + smoked cheddar, basil

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 mustard dressing

Top up with grilled halloumi (v) + 4.00

Keralan curry (vg) 13.50
butternut squash, zucchini, carrots, spinach, chickpeas, cherry tomatoes, coconut brown rice, coconut yoghurt

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

Beetroot + quinoa burger (vg) 13.50
avo smash, tangy apple slaw, vegan nut pesto, tomato, vegan bun

EXTRAS

House fries (vg) 4.00

Sweet potato fries (vg) 4.90

Green beans with garlic + chilli (vg) 4.00

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

WONDERFUL SWEET PLATES

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

(v) = vegetarian (vg) = vegan

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

GLUTEN CONSCIOUS * CHOICES

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

BREAKFAST available until 11:00am

California breakfast bowl (v) quinoa, kale salad leaves, scrambled eggs, grated radish, avocado, roast cherry tomatoes + coconut yoghurt	10.25
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
Free range eggs any style (v) fried or scrambled eggs, gluten free toast + roast cherry tomatoes	8.50

Open pan skillet omelette (v) roast peppers, mushrooms + cheddar cheese with gluten free toast	12.25
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 coconut or almond milk +50p	6.00
Avocado farm toast (vg) avo smash, mixed tomatoes, nigella seeds, fresh coriander, pickled red onions, basil oil on gluten free toast	11.25

TO START + FOR SHARING

available from 11:00am

Crunch salad (vg) quinoa, pomegranate seeds, avocado, parsley, cherry tomato, red onion, pumpkin seeds + orange vinaigrette dressing	6.50
Salt & pepper calamari sweet chilli dip	8.00
Nachos tray (v) melted cheese, roasted peppers, mixed beans, corn sauce, avo smash, fresh tomato salsa, sour cream + chipotle sauce	9.25

SIDES

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

PIZZAS

Margherita Sonoma (v) tomato sauce, mozzarella + smoked cheddar, basil on our gluten free pizza base	13.50
Santa rosa salami, pepperoni, olives, tomato sauce, mozzarella + smoked cheddar on our gluten free pizza base	14.50

LOVELY MAINS available from 11:00am

Fish n chips coated in gluten free craft beer batter and served with house fries + green herb tartare	14.25
Modern burrito bowl (vg) refried black beans, coconut + edamame rice, spicy tofu, avo smash, coconut yoghurt + fresh tomato salsa	12.25
Salami amatriciana salami, bacon, olives, amatriciana sauce, italian hard cheese + gluten free fusilli	12.50
Tomato fusilli (vg) gluten free fusilli pasta, fresh roasted tomato + basil sauce	10.00
Chicken carbonara shredded rotisserie chicken carbonara, crispy prosciutto, chorizo bits, mushrooms, gran levanto cheese + gluten free fusilli	12.50

Keralan curry (vg) butternut squash, zucchini, carrots, spinach, chickpeas, cherry tomatoes, coconut brown rice, coconut yoghurt	13.50
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House grain salad (vg) mixed market salad leaves, cherry tomatoes, grated raw beetroot + carrot, radishes, cucumber, ancient grains, red onion, pomegranate, with our house mustard dressing	10.25
Top up with	
Grilled halloumi (v)	+ 4.00
Rotisserie chicken	+ 4.00

EXTRAS

House fries (vg)	4.00
Sweet potato fries (vg)	4.90
Green beans with garlic + chilli (vg)	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
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*Gluten Conscious dishes are made from products which do not contain gluten as an ingredient. V = Vegetarian. These dishes do not contain any meat or fish. VG = Vegan. These dishes are made from products that do not contain any animal derivatives. However, we do not have dedicated preparation or cooking areas within our kitchen for vegetarian, vegan or gluten free food. All dishes on this menu are subject to ingredient availability. There is a small possibility that allergen traces 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. 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.