



@222veganuisine

222 Vegan Cuisine - 222 North End Road - London W149NU - tel : +44 (0) 2073812322  
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**Buffet Lunch 12:00 - 15:30**

Choose from nutritious salads and tasty hot dishes

**Evening à la carte menu 17:30 - 22:30**

## Starters

### Soup Of The Day £5.50

served with house-baked gluten-free bread & olive oil

### Cauliflower & Polenta Bakes (N) £6.50

with a pistachio & black olive tapenade

### Heart's Desire £6.50

sautéed artichoke hearts, roasted pepper sauce

### Bean & Tofu Pancake £6.50

black-eyed beans & tofu in a pancake, tomato & sour cream

### Mezze Selection £6.50 (N)

hummus, roasted pepper dip, guacamole, choice of house-baked gluten free bread or julienned vegetables

### Almond Cheese (N) £6.50

soft nut cheese with herbs, raw crackers

### Pure Avocado (N) £5.50

raw, chilled soup with avocado and watercress

## Drinks

### Fresh Juices £4.50

Orange / Apple / Carrot & Ginger / Carrot, Apple & Ginger / Beetroot & Celery

### Smoothies £6.00

Blue: blueberries, banana, apple juice, acai  
Red: strawberries, orange juice, raspberries, goji berries  
Green: spinach, cucumber, apple juice, lemon, spirulina

### 222 Mylkshake (N) £6.00

almond milk, banana, raw cacao, almond butter, dates, maca, cinnamon

### Mineral Water (still or sparkling)

Small (33 cl) £1.50

Large (1 L) £3.50

### Organic Bottled Juices £3.50

Pear / Apple / Raspberry & Pear

### Organic Soft Drinks £3.00

Cola / Ginger Beer / Lemonade / Elderflower

### Raw Pink Coconut Water £3.50

### Karma Kefir £4.50

Kombucha style fermented probiotic-rich drink with fig and lemon

Organic Beers

### Freedom Lager (33 cl) £4.50

### Samuel Smiths Lager (55 cl) £6.50

### Organic House White Wine (Bordeaux Blanc)

Glass £5.50

Bottle £18.50

### Organic House Red Wine (Cotes De Thongue Rouge)

Glass £5.50

Bottle £18.50

## Hot Drinks

### Teapigs Organic Tea £2.50

Earl Grey / Darjeeling / Chai / Green Tea / Peppermint / Chamomile / Rooibos / Lemon & Ginger

### Matcha Green Tea £3.00

whisked with water or choice of milk

### Espresso £2.50

### Cappuccino Latte £3.50

### Cereal Coffee £2.50

### Hot Chocolate £3.00

choice of almond, rice or soya milk; raw cane sugar or coconut sugar

All dishes are 100% Vegan. Gluten-Free, except where stated. G - contains gluten GO - Gluten-Free option R - Raw

Our offer : At 222 everything we serve is 100% vegan and freshly prepared using natural wholefood ingredients. Our dishes are low-fat, low-salt and non-GM. We never deep fry or microwave. If you have particular dietary requirements, please ask and we will prepare something especially for you.

Ranked #4 in Top 10 Veggie Restaurants in Britain by Vegetarian Guides (2006). Selected as one of the Top 10 Healthy Eating Spots in the South East in The Times (Jan 2008)

We are member of The Vegetarian Society and The Vegan Society.



## Mains

### Medallions & Mash (G) £12.00

seasoned seitan medallions, potato & parsnip mash, french beans, onion gravy

### Oyster Mushroom Raclette (N) £12.00

spinach & tofu cottage cheese on roasted potato, sautéed oyster mushrooms

### Pumpkin & Pinenut Risotto (N) £12.00

baked pumpkin & butternut squash, brown rice

### Egusi £12.00

traditional African dish made from ground melon seed, served with a choice of baked yam & watercress or brown rice

### Seitan Stroganoff (N) £12.00 (G)

cashew cream, mushrooms, seitan strips, caramelised onions, brown rice

### Ben's Special £12.00

vegetable stir-fry, choice of seitan (G) or marinated tofu, choice of brown rice or gluten-free noodles

### 222 Fresh Burger £12.00

asparagus & petit pois burger, avocado & truffle mayo on house-baked bread, chips

### Spaghetti Polpette £10.50

gluten-free pasta with quinoa & spinach 'meatballs', roasted tomato sauce, brazil nut parmesan

### Kids Portion £6.00

### Chef's Salad £12.00

seasonal vegetables, avocado, asparagus, marinated artichoke

### Pumpkin Noodle Salad (N) £12.00 (R)

pumpkin & courgette noodles, fresh coconut, vegetables, lime & ginger dressing

## Sides

### Oven-Baked Chips £4.00

### Baked Plantain £4.00

### Baked Sweet Potato £4.00

### Golden Okra £4.00

### Coleslaw £3.00 (R)

### Garlic Bread £3.00 (G)

## Salads

### Beetroot, Red Chard & Rocket £5.00

in a horseradish dressing

### Spinach & Avocado £5.00 (R)

tossed in an olive oil & lemon dressing

### Kale & Tomato £5.00

in a tahini dressing

## Desserts

### Apple Crumble £6.50

served with ice cream or coconut whipped cream

### 222 Pancake £6.50

buckwheat pancake, vanilla ice cream, vanilla & chocolate custard

### Banana Cake £6.00

served warm with ice cream or coconut whipped cream

### Blueberry & Vanilla Cheesecake (N) £6.50

made with tofu, almonds and chestnut purée

### Ice Cream £4.50

selection of flavours (3 scoops)

### Chocolate Gateau £6.50 (G)

served warm with ice cream or coconut whipped cream

### Spice Island Pie (N) £6.50 (R)

raw cashew cream on a crunchy base

### Chocolate Torte (N) £6.50 (R)

raw cacao ganache on an almond & date base

### Maple Roast Pineapple £5.00