



mulberry bush wholefoods

| | Dish | Vegan | Gluten Free | Allergens |
|-------------------|------------------------------|-------|-------------|---|
| Bakes | | | | |
| | Homity Pie | | | Dairy, Gluten, Wheat. |
| | Lasagne | | | Dairy, Gluten, Wheat. |
| | Moussaka - Cheesy | | GF | Dairy. |
| | Moussaka - Vegan | VG | GF | Soya. |
| | Nut Burgers | VG | | Gluten, Mustard, Nuts, Sesame, Soya, Wheat. |
| | Quiche - Tofu | VG | | Soya, Wheat. |
| | Quiche - Gluten Free | | GF | Dairy, Eggs. |
| | Shepherdess Pie | | GF | Dairy, Soya. |
| | Spinach & Feta Pie | | | Dairy, Gluten, Wheat. |
| | Tofu & Mushroom Pie | VG | | Gluten, Soya, Wheat. |
| | Vegetable Samosas | VG | | Gluten, Mustard, Wheat. |
| Burgers | | | | |
| | Bean Burgers | VG | | Gluten, Soya, Wheat. |
| | Gluten Free Burgers | VG | GF | Nuts, Soya. |
| | Potato Cakes | VG | | Gluten, Wheat. |
| Hot Dishes | | | | |
| | Curry Dishes | VG | GF | Mustard, Soya. |
| | Mushroom Stroganoff | VG | GF | Soya. |
| Salads | | | | |
| | Beetroot Salad | VG | GF | Sesame. |
| | Broccoli & Blue Cheese Salad | | GF | Dairy, Mustard, Soya. |
| | Carrot Salad | VG | GF | Sesame. |
| | Coleslaw | VG | GF | Mustard, Soya. |
| | Cous Cous Salad | VG | | Gluten, Wheat. |
| | Curried Bean Salad | VG | GF | Mustard, Nuts. |
| | Rice & Cashew Nut Salad | VG | GF | Nuts, Soya. |
| | Rice Noodle Salad | VG | GF | Sesame, Soya. |
| | Spelt Pasta Salad | VG | | Gluten, Nuts. |
| | Spinach & Courgette Salad | VG | GF | Sesame, Soya. |
| | Tomato Feta Salad | | GF | Dairy. |
| | Tomato Tofu Salad | VG | GF | Soya. |
| | Waldorf Salad | VG | GF | Celery, Mustard, Nuts, Soya. |
| Soup | | | | |
| | Pumpkin / Spicy Soups | VG | GF | Mustard. |

All food is VEGETARIAN - no animal or fish products are used on site.

NUTS & GLUTEN products are prepared here. While we take every care, traces of gluten or nut may be present in our foods.