

PLEASE ORDER AT THE COUNTER FOR ALLERGEN KEY PLEASE SEE BELOW

BREAKFAST Served until 11:30

Vegetarian and vegan full breakfasts served with a thick slice of Cornish sourdough toast (WFL, RY), with your choice of Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

Items cannot be swapped from a set breakfast but you are welcome to order additional items

RUTH'S BREAKFAST (V)(GF) £13.99

Two Devon free range fried eggs, two hash browns, portobello mushrooms, Heinz baked beans and a slice of gluten free toast with butter and marmalade (EG, BT)

VENUS VEGETARIAN BREAKFAST (V) £12.99

Two free range Devon eggs, two veggie sausages, portobello mushrooms, two hash browns, scrambled organic tofu & sourdough toast with butter (WFL, RY, SY, BR, EG, BT, WG, OT, WS)

MAKE IT PLANT BASED (VG) £13.99

Heinz baked beans and vegan spread replace the eggs and butter in veg breakfast (WFL, RY, SY, BR, WG, OT)

EGG BAP (V) £4.99

Two free range fried eggs (EG, BR, WH, WFL)

SOURDOUGH TOAST**TWO SLICES OF SOURDOUGH TOAST** £4.99

With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

PORTOBELLO MUSHROOMS ON BUTTERED & TOASTED SOURDOUGH (VGO) (BT, WFL, RY) £8.99**HEINZ BAKED BEANS ON BUTTERED & TOASTED SOURDOUGH (VGO) (BT, WFL, RY)** £7.99**PANCAKE STACK (V)****FOUR WARM PANCAKES (WFL, EG, CR, MK, SY)** £7.50

Light & fluffy pancakes with biscoff crumb and your choice of sauce: maple syrup, strawberry, chocolate, vanilla, caramel, banana

Add whipped cream (MK) £0.50

ALL DAY BAPS (WFL, BR, WH)**VEGAN SAUSAGES (VG)** £7.99

Three vegan sausages (WH, BR, WG, SY, OT, WS)

FRIES**POT OF FRENCH FRIES (VG/GFO)** £3.99**SPICY SEASONED FRIES (VG/GFO)** £4.99

Crispy delicious fries tossed in our secret seasoning mix of 8 spices

CHEESY FRIES (V) (CH) £5.99**VEGAN CHEESY FRIES (VG)** £6.99**LOADED FRIES**

Large portion of fries topped with:

GREEK (V) £9.99

Authentic feta, olives and red onion (CH)

VEGAN (VG) £7.99

Vegan cheddar, vegan gravy and crispy onion bits (BR, SY, WFL)

PLANT BASED

All served with Moroccan carrot

BREAKFAST PLANT BURRITO (VG) £9.99

Scrambled organic tofu with turmeric and smoked sea salt, vegan sausage, hash brown, vegan Cathedral City cheese and sriracha sauce (SY, WH, BR, WG, WFB, WFL, WS, OT)

MUSHROOM TACOS (VG) £10.99

Panko breaded portobello garlic mushrooms served in 2 warm flour tortillas with garlic slaw, Asian salad, Moroccan carrot and sriracha mayo (WFL, WH, WFB, WG, SE, SY, CY)

PEA & MINT ARANCINI (VG) £8.99

Panko breaded and hand made in Venus kitchens. A delicious Sicilian inspired recipe of peas and mint with onion, arborio rice and garlic served with a fresh lime mayo (WFL)

VEGAN SAUSAGE BAP (VG) £7.99

3 vegan sausages (WH, SY, BR, WFL, WG, OT, WS)

VENUS TOFU BURGER (VG)(GFO) £10.99

The famous Venus tofu burger. This amazing burger is full of Devon tofu, red onions, carrots, beetroot, garlic, ginger, toasted seeds, tahini, tamari and a blend of spices with mayo and lettuce. (SY, WFL, BR, WH, SE)

SMALLER MEALS**PASTA POMODORO (V, VGO)** £7.99

Penne pasta (WH) with Venus pomodoro sauce & grated cheddar cheese (CH) (Vegan cheese available)

BLACK BEAN & MOROCCAN HUMMUS WRAP (VG) £9.99

A nutritious and balanced wrap with home made spicy Moroccan hummus, black beans, grated beetroot, garlic slaw, lime mayo & iceberg lettuce (WFL, WFB, WG, SE, SY) *SUMMER ONLY

ADD FRIES FOR ONLY £3.50**SALADS****ASIAN SALAD (VG)** £4.99

Carrot, celery, red peppers, red onions tossed in a sesame oil dressing (SE, SY, CY)

HOMEMADE GARLIC SLAW (VG) £3.99

Red & white cabbage, garlic, carrot and vegan mayo

SOMETHING SWEET**JUDE'S ICE CREAM TUBS** £4.50

Mango Sorbet (VG), Sicilian Lemon (VG), Very Vanilla, Mint Choc Chip (VG), Strawberries & Cream, Salted Caramel, Black Coconut, Truly Chocolate

FIG & WALNUT BAR (GF/VG) £3.99

Walnuts, dried figs, dried apricots, gluten free flour, light muscovado sugar, coconut oil, cinnamon & apple juice (WA, NT, SP)

VEGAN SEEDED FRUIT FLAPJACK (VG) £3.30

A home made fruit flapjack made with golden syrup, British oats, muscovado sugar, plant butter, raisins, toasted seeds and pumpkin seeds (SE, SP, BR, OT, WH)

THICK MILKSHAKES (V) ALL £4.99

A smooth creamy hand spun milkshake made with fresh milk and double cream (MK, CR)

STRAWBERRY
BISCOFF BISCUIT (SY, WFL)
BANANA
CHERRY

CHOCOLATE (SY)
COFFEE
MANGO

BARLEY = BR
BUTTER = BT
CELERY = CY
CHEESE = CH
CREAM = CR
CRUSTACEAN = CS
EGG = EG

FISH = FH
MOLLUSCS = MS
MUSTARD = MD
MILK = MK
OATS = OT
RYE = RY
SESAME = SE

ALLERGEN KEY

SOYA = SY
SPELT = ST
PEANUT = PN
SULPHITES = SP
WHEAT = WH
WHEAT FIBRE = WFB
WHEAT FLOUR = WFL

WHEAT GLUTEN = WG
WHEAT STARCH = WS
V- VEGETARIAN
VG - VEGAN
VGO - VEGAN OPTION
GF - GLUTEN FREE
GFO - GLUTEN FREE OPTION

