

100% Organic

PLANET  
**TERRA**

— VEGAN CAFE —



100% Plant-based

## BREAKFAST | 8AM - 12PM

### BERRY AÇAÍ BOWL (GF)

Açaí blended banana & dates, topped with crunchy homemade granola, mixed fresh berries and homemade peanut butter or chocolate.

(Available all day)

### NATURA BOWL (GF)

Almond yoghurt with fresh fruits, toasted seeds, almonds, mint leaves, maple syrup

(Available all day)

### AVOCADO BRUSCHETTA

Avocado, sautéed mushrooms, caramelized onion, tomato confit, blueberries, carrot cream, mayo, balsamic glaze served on toasted sourdough bread

(GF option available)

### CHICKPEA OMELETTE (GF)

Chickpea omelette, topped with crispy kale, tomato confit, mayo, carrot cream, balsamic glaze and toasted pumpkin seeds

### TROPICAL AÇAÍ BOWL (GF)

Açaí blended with banana & dates, topped with crunchy homemade granola, coconut flakes, tropical fruits and homemade peanut butter or chocolate.

(Available all day)

### PANCAKES

Pancakes, banana slices, mixed berries, whipped coconut cream, maple syrup

(GF option available)

(Available all day)

### MUSHROOM ON TOAST

Sautéed mushrooms, homemade cashew cream cheese, rocket leaves and cherry tomatoes served on toasted sourdough bread

(GF option available)

(Available all day)

### THE BIG BREAKFAST

Scrambled tofu, marinated tempeh, sautéed mushrooms, cherry tomatoes, baby spinach, carrot cream and toasted sourdough bread

(GF option available)

## STARTERS & SALADS

### SOUP

Soup of the day served with toasted sourdough bread

(GF bread available)

### TEMPEH CROQUETTES (GF)

Homemade tempeh croquettes, coleslaw, baby spinach, mustard mayo and balsamic glaze

### CAULIFLOWER STEAK (GF)

Roasted cauliflower topped with a walnut & peanut coriander pesto, chickpeas, pomegranate seeds, hummus

### SALADA FRESCA (GF)

Quinoa, cucumber, cherry tomatoes, coriander, parsley, dill, mint leaves, chickpeas, roasted eggplants, toasted pumpkin seeds, red radish and pomegranate seeds with a mustard orange vinaigrette

### SEA SALAD

Watermelon carpaccio (watermelon marinated in a miso vinaigrette with wakame seaweed) quinoa, capers, sesame seeds, baby spinach, rocket leaves, kale, cherry tomatoes, balsamic glaze and pomegranate seeds

### HUMMUS

Chickpea spread with olive oil and toasted bread

(GF bread available)

### GRILLED VEGETABLE PLATTER (GF)

Seasonal grilled vegetables with carrot cream, mayo and basil parsley pesto

### THE BUDDHA BOWL (GF)

Red & white quinoa, tempura cauliflower, chickpeas, boiled spiral beetroot, roasted sweet potatoes, fresh baby spinach and avocado with sunflower seeds served with a tamari mustard dressing.

### EARTH SALAD (GF)

Marinated pumpkin, roasted salted hazelnuts, red cabbage, baby spinach, rocket leaves, kale, fresh orange, pumpkin seed cheese, carrot cream, mayo

### HEART SALAD (GF)

Kale, crispy mushroom, baby spinach, rocket leaves, crispy beetroot, roasted walnuts, crispy sweet potato, micro greens, mixed berries, balsamic glaze & citrus vinaigrette sprinkled with our homemade cashew parmesan cheese

ALL INGREDIENTS IN OUR MENU ARE 100% ORGANIC | ALL PRICES ARE INCLUSIVE OF VAT

100% Organic

# PLANET TERRA

— VEGAN CAFE —



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## LUNCH & DINNER | 12PM ONWARDS

### VURGERS

#### KING OYSTER

Crunchy oyster mushroom, avocado cream, mustard, miso mayo, lettuce, homemade pickles in a plain bun served with a garden side salad or fries

#### TEMPEH TATION

Tempeh and walnut patty, kale, caramelized onion, tomato, marinated bell peppers, mustard mayo & pesto sauce in a green bun served with a garden side salad or fries

### PITAS & WRAPS

#### LENTIL FALAFEL PITA POCKET

Red lentil falafel, coleslaw, carrot pickles served in our homemade pita bread with a cashew tzatziki dip.  
(GF option available)

#### MUSHROOM SHAWARMA

Wrap filled with grilled marinated mixed mushrooms, salsa, tahini, almond yoghurt served with a garden side salad or fries and homemade barbecue sauce  
(GF option available)

### MAINS

#### LASAGNA

Turmeric fresh homemade pasta, hazelnut béchamel, lentil ragu, pumpkin, kale, roasted hazelnuts

#### GREEN RISOTTO (GF)

Red and black rice in zucchini cream with toasted pistachio and lemon, topped with rocket leaves and homemade pumpkin seed cheese

#### TOFISH AND CHIPS

Crunchy fried tofu topped with toasted nori seaweed, lemon, carrot cream, miso mayo and pressed radish served with sweet potato fries.

#### TEMPEH SOUVLAKI

Grilled marinated tempeh & vegetable skewers, pita bread, hummus dip, served with a garden side salad or fries  
(GF option available)

#### PUMPKIN KIBBEH (GF)

Millet & pumpkin outer crust with a filling of walnuts, onion, spinach & pomegranate seeds with a beetroot garlic tahini dip

#### STUFFED BUTTERNUT SQUASH (GF)

Roasted butternut squash filled with red quinoa, chickpeas, spinach and pomegranate seeds served with a mustard orange vinaigrette

## SIDES

FRENCH FRIES (GF)

SWEET POTATO FRIES (GF)

AVOCADO FRIES  
(GF option available)

SAUTÉED MUSHROOMS (GF)

SLICED AVOCADO (GF)

HOMEMADE ALMOND BUTTER (GF)

HOMEMADE PEANUT BUTTER (GF)

TOASTED SOURDOUGH BREAD  
(GF option available)

## WARM DESSERTS

BREAD PUDDING *chocolate or vanilla*

DATE PUDDING (GF) *served with vanilla ice cream*

Treat yourself to a selection of desserts from our display

PLEASE ADVISE YOUR WAITER IF  
YOU HAVE ANY ALLERGIES