

EN ROOT



PLANT POWERED GOODNESS



indian inspired vegan cuisine

SMALL BITES

Poppadoms & Chutney (GF) £5.50

Gluten Free cracking start to your meal.

Baba Ganesh £7.00

An Indian twist on Baba Ganoush, Smokey Aubergine dip. Served with Naan Bread.

Pani Puri £7.00

One bite flavour explosions! 6 'Puri' baskets filled with Red Onion, Pomegranate & Masala Chickpeas with Date Tamarind 'Pani' Water.

Tandoori Wings (GF) £7.50

Oyster Mushroom in a Tandoori Chickpea Batter served with Rajannaise.

Southern Fried Tenders (GF) £7.50

Crispy, Battered Oyster Mushroom served with Hot Date Glaze.

Pakora Chaat (GF) £7.50

Texture, crunch & flavour. Palak Pakora, Onions, Pomegranate & Sev. Topped with Yogurt & Date Tamarind Chaat Sauce.

ParaTaco £8.00 (2 for £13.00)

Indian Taco! Flaky Paratha; Rainbow Salad, Rajannaise, Fried Plantain & Brinjal Pickle.

Ask your server about the Taco of the moment!

SIDES/EXTRAS

Chutneys £1.50

(Mango/Coriander & Mint/Coconut Chutney)

Paratha £3.00

Garlic Coriander Naan £3.50

Fried Plantain (GF) £4.50

Veg Samosa (3) with Mango Chutney £5.50

Rainbow Salad / Golden Rice £4.50

Lentil Soup (Sambhar) / Dhal Makhani /

Saag Aloo / Shroom Rogan Josh £5.50

KIDS

Kids Menu Under 12s Only

Lil Dosa £7.00

Crispy Indian gluten-free pancake filled with Potato & Spinach.

Tiny Thali £8.00

Saag Aloo, Plantain, Rice & Paratha.

BIG BITES

Root Bowl (GF) £12.00

Buddha Bowl Style; Rainbow Salad, Baba Ganesh, Masala Chickpeas, Pickled Cabbage, Fried Plantain & Pakora.

Raja Wrap £12.00

Rainbow Salad, Dhal Makhani, Pickled Cabbage, Pakora & Rajannaise. Packed, Wrapped & Toasted.

Raja Burrito? Just ask to add Rice!

Shroom Rogan Josh w/ Rice & Salad (GF) £12.50

Slow Braised Oyster Mushroom, Aubergine & Potato.

Richly Spiced, Aromatic Curry served with Golden Rice & Rainbow Salad.

Add Garlic Coriander Naan or Paratha?

Masala Dosa (GF) £13.00

South Indian gluten-free pancake filled with Saag Aloo.

Served with Coconut Chutney & Lentil Soup (Sambhar).

En Root Platter (GF) £15.50

Golden Rice, Shroom Rogan Josh, Dhal Makhani, Saag Aloo & Rainbow Salad.

Add Garlic Coriander Naan or Paratha?

Sharing Thali (For 2) £38.00

Sharing is Caring! This Thali is Full of Love!

Golden Rice, Shroom Rogan Josh, Dhal Makhani, Saag Aloo, Rainbow Salad, Fried Plantain, Pickled Cabbage, Mango Chutney, Green Chutney, Veg Samosas & Parathas.

SWEET TREATS

Homemade Ice-Cream £4.50 (per scoop)

Ask a member of staff for flavours!

Contains Cashews

Raspberry Cacao Brownie (GF) £5.50

Guilt Free, Gluten Free. **Add Ice Cream? +£3**

Cardamom Sticky Toffee Pudding £6.50

Classic British Best; with Cardamom Caramel Sauce.

Add Ice Cream? +£3.00

Mango Lassi Cheesecake £6.50

Cashew, Coconut creamed, Mango topping with a Date, Oat & Coconut Base. ***Contains Cashews***

Ice-Cream Sandwich £7.50

Ice cream rolled in a Hot Paratha, Cannoli style.

Contains Cashews

PLEASE NOTIFY YOUR SERVER OF ANY ALLERGIES YOU MAY HAVE!

ASK A MEMEBER OF STAFF ABOUT OUR CURRENT SPECIALS!

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SOFT DRINKS

Rio/ Cawstons Apple & Elderflower £1.50

Still/ Sparkling Water £1.50

The Root Co Ginger Beer £3.50

GAZA Cola £3.50

Gaza Cola, Gaza Cola Sugar Free

MOMO Kombucha £4.50

Ginger & Lemon / Turmeric / Elderflower /
Raspberry Hibiscus.

COFFEES

Espresso £2.80

Americano £3.60

Flat White £3.80

Capuccino £4.00

Latte £4.00

Iced Latte £4.80

CBD Coffee £6.00

PLANT POWERED MISSION

Made with LOVE to ensure your
NUTRITIONAL JOY! Unprocessed.
REAL Fruits, Vegetables & Pulses
DIRECT from Mother Earth. Cooked
FRESH, full of FLAVOUR, everytime!
COMMUNITY is our focus. Our aim is to
grow, educate & feed to UPLIFT.
Inspire & bring POSITIVE change for
ONE & ALL.

Follow the Journey... with
[@enrootldn](#)

JUICES & SMOOTHIES

Fresh Jelly Coconut £5.50 (Seasonal)

100% Pure Isotonic Hydration (Jelly Coconut).

Mango Lassi £6.50

Cardamon kicking & Coconut creamed Mango madness.

Chai Oat Dream £6.50

Spiced blend of Seamoss, Oats, Banana, Dates &
Oat Milk.

Pineapple Shine Juice £6.50

Fresh Pineapple, Carrot, Orange & Turmeric.

Watermelon Rise £6.50 (Seasonal)

Watermelon, Beetroot, Apple, Ginger & Mint.

Maca Green Smoothie £6.50

Maca Powder, Banana, Mango, Apple, Kiwi, Ginger, Lime,
Spinach & Peas.

Acai Berry Smoothie £6.50

Acai, Mixed berries, Apple, Carrot & Dates.

Add CBD/Seamoss to Power any drink +£2.00

SPECIALTEA

Moringa & Ginger £2.80

Redbush & Cardamom £2.80

English Breakfast £2.80

Ayurvedic Tulsi Tea £3.80

Ayurvedic Herbal Tea from the Leaning Tree Organics.

Cacao Chai £4.50

Authentically Spiced & Creatively Creamed.

Spiced Hot Chocolate £4

Ceremonial Cacao brewed with Ginger & Cinammon.
Coconut & Jaggery to cream.

Turmeric Leaning Latte £5.00

Relaxing Ayurvedic Blend. Turmeric, Black Pepper,
Cardamom, Cinnamon & Ashwagandha.

Adaptogenic Mushroom Latte £5.50

Reishi, Chaga, Cordyceps & Lion's Mane Mushroom Mix
with Cacao. Coconut & Jaggery cream.

CBD Cacao Chai £6.50

Make it Mellow!

Add CBD/Seamoss to Power any drink +£2.00

Ask if you would like your drink iced! +£1.00

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