

Lighter Plates

Shallot Tarte Tatin

 £4.50

Made with sweet, yet punchy shallots with a sorrel chiffonade salad & goats cheese curds.

Contains: gluten, wheat, milk

Shiitake Mushrooms, Red Chard & Tofu Quesadilla

 £4.50

Tortilla filled with an earthy mix of shiitake, red chard & tofu with a spicy chipotle aioli.

Contains: gluten, wheat, soya, mustard

Avocado Mash on Sourdough Toast

 £4.50

Award-winning sourdough topped with mashed avocado & sauce vierge.

Sourdough contains: gluten, wheat

Gluten-free available on request

Butternut Squash, Goats Cheese & Beetroot Salad

 £4.50

Slow-roasted butternut squash in cumin with Kidderton Ash® goats cheese, pickled beetroot, caramelised balsamic vinegar & Fairtrade olive oil.

Contains: milk, sulphites

Upgrade salad to a main plate

 £7.95

Soup of the Day

 £3.95

Please see our specials board for today's soup, with a wholemeal or gluten-free bread roll.

If you suffer from a food allergy or intolerance, please let our team know when placing your order.

Every care is taken to avoid any cross-contamination when processing a specific allergen-free order.

We do however work in a kitchen that processes allergenic ingredients and do not have a specific allergen-free zone.

Main Plates

Chestnut Mushroom Stroganoff

 £7.95

Chestnut mushrooms in a cashew nut & smoked paprika sauce with brown rice & fresh herb salad.

Contains: nuts

Lentil & Seed Burger

 £7.95

A Fairtrade green lentil & seed burger, grilled piquillo peppers & mashed avocado in a charcoal bun with twice-cooked chunky British chips & sumac mayonnaise.

Contains: gluten, wheat, egg

Gluten-free available on request

Vegan Fish & Chips

 £7.95

Banana blossom marinated in samphire & organic Cornish seaweed in a gluten-free batter with twice-cooked chunky British chips & vegan tartar sauce.

Contains: soya, mustard

Pumpkin & Chorizo Pie

 £7.95

Pumpkin & seitan chorizo pie with creamy mashed potatoes & wilted baby spinach with nutmeg.

Contains: gluten, wheat, soya, milk

Slow-Roasted Vegetable Flatbread Pizza

  £7.95

Marinara & slow-roasted organic vegetables on a 'Bake the Difference' flatbread base.

Topped with your choice of English mozzarella or British vegan cheese.

Flatbread base contains: gluten, wheat

Mozzarella contains: milk

Vegan cheese contains: soya



Bake the Difference is a project established by the Quiet Company in 2018 which helps people to learn new skills and transition back into work.

Side Plates

Twice-Cooked Chunky British Chips

 £2.95

Contains: no known allergens

Seed Kitchen Side Salad

 £2.95

Roasted organic pumpkin & squash with organic mixed leaves.

Contains: no known allergens

Desserts

by Bake the Difference

Dark Chocolate Brownie with Turmeric Poached Pear

 £4.95

Made with 100% dark chocolate & Brazil nuts with sweet turmeric poached pear.

Contains: gluten, wheat, egg, soya, milk, nuts

Pistachio & Lemon Cheesecake with Cherry Compote

 £4.95

Somerset ricotta, lemon & organic roasted pistachio cheesecake with Morello cherry compote & honey from the beehives at Friends House.

Contains: gluten, wheat, egg, milk, nuts

Coconut Crème Brûlée with Chocolate Shortbread

 £4.95

Caramel glazed coconut crème brûlée with a Fairtrade chocolate shortbread.

Contains: no known allergens

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