



# the meet

## vegan food menu

### small plates

5.50 each or 4 for 19.00

#### Green Giant 🌱🌱🌱

Satay dressed charred broccoli, edamame, tofu & avocado, topped with roasted peanuts.

#### Give Me Wings 🌱

Bourbon, maple & sracha glazed cauliflower florets topped with 'blue cheese'.

#### A Nugget Of Gold 🌱🌱

Southern fried seitan nuggets with sweet curry sauce.

#### Mac Daddy O 🌱🌱🌱

Mac & 'cheese' - Straight up or add some 'chorizo'.

#### Play It Cool 🌱

Red chilli paste, sesame & crushed flaxseed cucumber salad.

#### Jumping Jacks 🌱🌱

Jackfruit tempura, with pickled ginger & Kaffir lime leaves & chilli dressing.

#### Three's A Party 🌱🌱🌱 (GF available)

Trio of hummus & flat breads - Classic, zataar & harissa ripple, sundried tomato & basil.

### onto bigger things

#### Ain't It Cold Out 🌱🌱 (GF available) 11.50

Roast yams, red pepper, spinach & chickpea Jamaican style coconut curry & roti bread.

#### What A Mess 🌱 12.00

Smokey black bean, plantain & jackfruit chilli served messy with chips & 'cheese', topped with labneh, guacamole & Pico de Gallo.

#### I Don't Give A Lamb! 🌱🌱🌱 11.50

Open kebab - 3 bean & organic tofu kofte's on artisan produce flat bread, garlic sauce, tomato salsa & lightly picked red cabbage. Served with chips.

### burgers et al

#### Tree Lover 🌱🌱🌱 (GF available) 9.50

Mushroom, beetroot & white bean burger with garlic & tarragon 'mayo', red onion marmalade & lollo rosso served in an artisan produced bun.

#### Mc Who? 🌱🌱🌱🌱 (GF available) 9.50

Soya 'cheese' burger with our special blend of herbs & spices, 'bacon' rashers, onion rings, burger sauce, gherkins & salad served in an artisan produced bun.

#### Jerkin' Around 🌱🌱🌱 8.50

Jerk style organic tofu, pineapple salsa, sweet plantain, scotch bonnet 'mayo' & gem lettuce, served in a toasted wrap.

#### The Big Apple 🌱🌱 (GF available) 8.00

American style grilled 'cheese' sandwich, with apple chutney & yellow mustard.

### lighter side of life

#### Choppin' 'n' Changin' 🌱 (GF available) 11.00

Black chickpea, alfalfa sprouts & quinoa chopped salad with sumac, mint & pomegranate dressing - Sweet potato, cucumber, beetroot, sweetcorn, red onion, cherry tomato, pomegranate, red onion, aubergine, peas, romaine lettuce & croutons.

#### Noodles Oodles 🌱🌱🌱🌱 11.50

Warm soba noodle salad with bak choy, seaweed, chilli, miso aubergine & tempeh, topped with tamari roasted cashews in a yuzu dressing.

### side lined

4.00 each

- |                                 |               |
|---------------------------------|---------------|
| Fried Sweet Plantain            | Roti Bread 🌱  |
| Sweet Potato Fries              | Side Salad    |
| Fries + Garlic & Tarragon Dip 🌱 | Onion Rings   |
| Crushed Avocado                 | Cassava Chips |

### end game

#### Topsy Turvy 🌱🌱 5.50

Pineapple & almond upside-down cake & coconut ice-cream.

#### Run Forest 🌱🌱 5.50

Chocolate & forest fruits cheesecake with hazelnut biscuit crumb.

#### Chillin' Out 5.50

Selection of vegan ice creams & sorbets. Produced by Hackney gelato.

#### Let's Go Bananas 5.50

Whipped frozen banana & Acai bowl

### brunchin'

Saturday and Sunday 11am - 5pm.

Add Vegan Bubbles for 15.00 per person (1½ half hour limit)

### early doors

#### Uppers! 🌱🌱 5.50

Chai seed & Acai Bircher muesli pots.

#### Bowl Me Over 🌱🌱 5.50

Toasted granola, coconut yoghurt & seasonal berry bowl.

#### Avo Go 🌱 (GF available) 7.90

Crushed avocado on garlic sourdough toast topped with jalapeno spiked pico de gallo.

### hot off the press

#### That's Sir Fry Up To You 🌱🌱🌱 (GF available) 10.50

'Bacon' n 'sausages', scrambled tofu, baked beans, balsamic roasted tomatoes & red onions, mushroom & sourdough toast.

#### The Middle Eastern 🌱🌱 (GF available) 10.50

Grilled 'cheese', ful medames (braised Arabic beans), zataar dusted labneh, hummus, pomegranate, tomato & cucumber fattoush style salad & toasted artisan produced flatbreads.

### sunday best

(only available on Sunday 12 - 5pm)

Both served with thyme & garlic roasted potatoes, maple glazed parsnips & carrots, vegan Yorkshire pudding, shallot puree, sweetheart cabbage, cauliflower 'cheese' & red wine gravy.

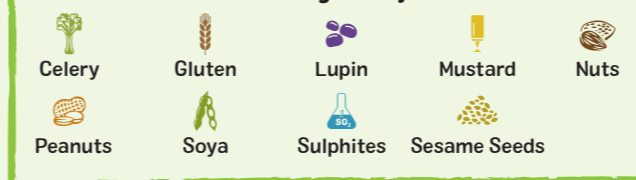
#### The Forager 🌱🌱🌱 (GF available) 12.00

Chestnut and root vegetable stuffed woodland mushroom with sage crumb.

#### Loafing Around 🌱🌱🌱 (GF available) 12.00

Lentil, kale and millet nut roast.

#### Allergens Key



Although absolutely every effort is made, we cannot guarantee that any dishes will be entirely free from trace ingredients of allergens.

### cold pressed juices

#### Be Good To Me 4.50

Kale, spinach, broccoli, apple, & cucumber.

#### Power Me Up 🌱 4.50

Beetroot, lime, celery & watermelon.

#### Sunshine In A Glass 4.50

Carrot, apple, ginger, lemon & mint.

### soft drinks

#### Karma Cola 330ml bottle 3.90

#### Lemony Lemonade 330ml bottle 3.90

#### Real Kombucha Dry Dragon 330ml bottle 4.50

This kombucha ferments to give delicate citrus notes of grapefruit & sweet lemons, grounded in a definite vegetal, green tea back note & a longer, fuller-bodied, yeasty finish.

### shakes

Make it a Hardshake- add a shot of Bourbon, extra 3.50

#### Peanut Butter & Jelly Milkshake 🌱🌱 6.50

Peanut butter & strawberry jam blended with shortbread biscuit & ice-cream.

#### Nutty Chocolate Brownie Milkshake 🌱🌱 6.50

Real chocolate brownie & toasted hazelnuts blended with ice-cream.

#### Banana & Salted Caramel Milkshake 6.50

Fresh bananas, salted caramel blended with ice cream & a little cinnamon.

#### More drinks available on our Drinks Menu

We charge £1 per person for unlimited filtered still or sparkling water.

We do not serve bottled water in an effort to minimise our carbon footprint.

A discretionary service charge of 12.5% will be added to your bill.

@themetlondon themeetlondon @themetlondon

Connect with our Chef on Instagram @chefdomtaylor

www.the-meet.co.uk | 020 3397 7475  
15-16 Lendal Terrace, Clapham, SW4 7UX

