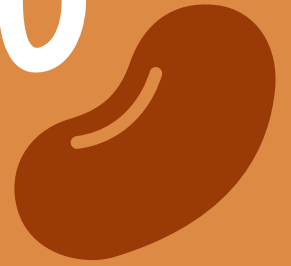


BEANS MENU



MONDAY

VEGAN STOVIES WITH LENTILS AND BEANS £ 3.95

TUESDAY

VEGAN QUORN TERIYAKI GREEN AND BEAN £ 5.95

VEGAN MAC N' CHEESE WITH
3 BEAN CHILLI TOPPING £ 3.95

WEDNESDAY

SWEET POTATO, CHICKPEA & DAL COCONUT CURRY
WITH FIRE CRACKER POTATOES £ 4.95

THURSDAY

AFRICAN FIRE BEAN STEW £ 4.95

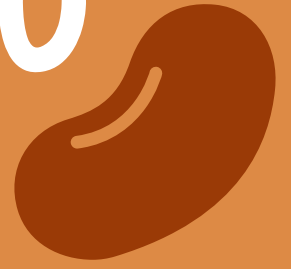
FRIDAY

BEAN & BEETROOT BURGER £ 5.95

**BEANS ARE ALSO AVAILABLE
DAILY DURING BREAKFAST**



BEANS MENU



*FULL OF BEANS IS A CITY-WIDE CAMPAIGN THAT
AIMS TO PROMOTE GREATER CONSUMPTION OF
BEANS AND PULSES.*

*WE SUPPORT THIS CAMPAIGN BY SERVING A DISH
MADE WITH BEANS OR PULSES DAILY.*

*BEANS ARE PLANT-BASED PROTEIN AND FIBRE-
RICH, WHICH IS GOOD FOR HEART AND GUT
HEALTH AND CONSIDERED AN ALTERNATIVE TO
ANIMAL PRODUCTS.*

*THEY ALSO BENEFIT THE PLANET BECAUSE THEY
DON'T NEED MUCH WATER, ARE LOW IN CARBON,
AND HELP ENRICH THE SOIL BY FIXING NITROGEN
LEVELS.*

