

## NIBBLES

<b>NOCELLARA OLIVES</b> V VE GF	4
Over ice	
<b>BAKED SOURDOUGH</b> VE	4
Farm butter	
<b>STEAMED EDAMAME</b> V VE GF	4
Togarashi salt	
<b>FRESH, CHUNKY GUACAMOLE</b> V VE GF	6
Corn chips	
<b>SMOOTH WHIPPED HUMMUS</b> V VE	6
Green harissa & hand stretched flatbread	

## SMALL PLATES

<b>CAULI HOT WINGS</b> V VE GF	7
Golden crispy cauliflower wings with buffalo dunking sauce	
<b>AROMATIC ROAST AUBERGINE</b> V VE	7
Tenderised spiced aubergine fillet, chilli & coriander labneh with pane carasau crisp	
<b>SALMON AGUACHILE</b> GF	9
Sliced salmon, jalepeño water, passion fruit, cucumber, beets & rainbow radish	
<b>FLAMED YAKITORI CHICKEN SKEWERS</b>	9
Crispy chicken, thick peanut Penang sauce, sour Thai slaw & crushed nuts	
<b>BAHARAT SPICED CRISPY LAMB</b> GF	9.5
Green harrissa, velvet hummus, mint yoghurt, pistachio & pickled red onion	
<b>BURRATA</b> VE GF	9.5
Torn creamy burrata, scorched tomatoes, watermelon, elderflower & basil	

## BOWLS

<b>POKE BOWLS</b> V VE GF	8
Watermelon Radish, spiralized veg, pickled cabbage, brown sushi rice, avocado, pickled ginger & caramelised pineapple	
<b>RAMEN</b>	10
Fragrant Tokyo-style dashi bone broth with broccoli, beansprouts, rainbow vegetables, lime, beetroot & egg	
<b>VEGAN RAMEN</b> V VE	10
Fragrant Tokyo-style dashi vegetable umami broth with broccoli, beansprouts, rainbow vegetables, lime & beetroot	
<b>WATERMELON NAHM JIM THAI SALAD</b>	7.5
Hot, sour & sweet watermelon, with crunchy Thai vegetables, sesame & smashed roast peanuts	
<b>ADD PROTEINS</b>	4
Sesame tuna / yakatori chicken / halloumi / shaslik tempeh / crispy tofu	

## BURGERS

<b>HOT BIRD BURGER</b>	12
Crispy fried chicken on toasted superfood brioche, sriracha mayo, avocado, sour Thai slaw & crispy onions, served with golden French fries	
<b>FOODWELL BURGER</b>	14
8oz prime, char-grilled rib & chuck beef burger, toasted brioche bun, chipotle sour cream, grilled cheese, sliced avocado & green salsa, served with golden French fries	
<b>PLANNT INDIAN BALTI BURGER</b> V VE	12
Indian spiced shiitake mushroom, baby gem, pickled red cabbage, jalepeño cheese, Korean ketchup & smoked sumac salted chips	

## LARGE PLATES

<b>COCONUT CHICKEN KATSU CURRY</b>	15
Crispy, golden chicken with our coconut curry sauce, rainbow vegetable noodles, pickled ginger & sesame	
<b>FOODWELL CAESAR</b>	14
Grilled chicken breast, creamy Caesar dressing, mixed gem lettuce, parmesan & sourdough croutons	
<b>SOUTHERN ITALIAN BUCATINI PASTA</b> VE	10
<b>ADD PRAWN</b>	14
Tender bucatini pasta with a rich garlic passata, grilled courgette, blistered pepper & lemon zest	
<b>LEMONGRASS CHICKEN PIZZETTA</b>	9
Blistered flatbread topped with satay spiced chicken, red onion, mozzarella & chilli & lemongrass dressing	
<b>LIME &amp; CHILLI JACKFRUIT PIZZETTA</b> V VE	9
Hand stretched flatbread topped with lime & chilli pulled Jackfruit, red onion, lemongrass & sriracha dressing	

## SIDES

<b>CHARRED CORN</b> VE GF	4
Smoked butter, lime & parmesan	
<b>WILTED ASIAN GREENS</b> V VE GF	4
Togarashi salt	
<b>CRUSHED HERITAGE SQUASH</b> VE GF	4
Sour cream & green chilli	
<b>STEAMED BROWN SUSHI RICE</b> V VE	4.5
Miso & crispy shallots	
<b>ASPEN FRIES</b> VE GF	4.5
Parmesan & truffle	
<b>HALLOUMI FRIES</b> VE	6.5
Greek yoghurt, molasses & mint	

V VEGAN, VE VEGETARIAN, GF GLUTEN FREE

PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES. ALL TABLES ARE SUBJECT TO A DISCRETIONARY SERVICE CHARGE OF 10%.

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