

FEGO - PLANT BASED*

*Dishes are based on plant based ingredients but are not prepared in a separate kitchen.
Whilst every effort is made to ensure separation we cannot guarantee this.

BRUNCH

Smashed Avocado toasted sourdough, chilli, lime and fresh herbs **£7,95**

Plant Based Breakfast peppers, mushroom, tomato, avocado, spinach, rocket, falafel, houmous and toasted sourdough **£9,95**

LIGHT BITES

Pecan Granola & Banana w/ cinnamon, figs, pomegranate & maple syrup **£6,50**

Oat Milk Porridge w/ summer berries, honey and mint sugar **£5,50**

Breakfast Smoothie mixed berries, banana, nut & seed granola, almond milk, almond butter, orange juice **£5,50**

LUNCH

Plant Burger moving mountains meatless patty w/ baby gem, tomato, onion & gherkin relish, burger bun & chips **£12,50**

Falafel Wrap w/houmous, avocado, peppers, rocket and basil dressing on the side **£8,95**

Spring Vegetable Linguine w/our pesto, tenderstem broccoli, peas, capers, rocket and pumpkin seeds **£10,75**

Teriyaki Tofu Wrap crispy teriyaki tofu, beansprout salad, sesame seeds, rice, nori, pickled cucumber, served w/hoi sin sauce **£8,95**

SALADS

Superfood Quinoa roasted butternut squash, peppers, avocado, tomato, tender stem broccoli, baby gem, quinoa, mango salsa, chia & flax seeds served w/ French dressing **£11,50**

Falafel and Israeli Salad w/ falafel, Bulgur wheat, Israeli salad, houmous, salad dressing **£9,95**

Oriental Tofu and Quinoa w/ mango salsa, beansprout salad, toasted almonds and a Thai style dressing **£10,25**

ON THE SIDE

Classic French Fries **£2,95**

Sweet Potato Fries **£3,95**

Houmous & Falafel w/ basil tomatoes **£4,50**

Spinach **£2,00**

Baked Beans **£1,50**

Hash Browns **£1,50**

Smashed Avocado **£2,00**

Mushroom **£1,00**

Houmous **£3,25**

* If you have any allergen or dietary requirements please let us know. Although great care is applied within our venues, we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information can be found on our QR code and upon request. * All products are subject to availability * An optional service charge of 12.5% may be added to your bill * Prices include VAT at the current rate *



PLEASE SCAN THIS QR CODE

To view our allergen information and our low gluten & plant-based menus. Follow our story @ fegouk & visit hellofego.com

