

# thegate

plant-based pioneers est. 1989

## BRUNCH

1000 to 1600 Saturday & Sunday

### Full English 15 VEO GFO

fried organic eggs, MM sausage, hashbrown, facon rashers, baked beans, sautéed spinach, grilled mushroom, grilled tomato and toasted bread

### Eggs Florentine 9

poached organic eggs, avocado, wilted spinach and hollandaise on English muffin

### Banana & Berry Pancakes 8 VE

American-style pancakes with berries, bananas, maple syrup

### Huevos Rancheros 12 VEO

wheat tortilla topped with re-fried beans, organic fried eggs, Columbian Aji salsa, green jalapeño, coriander & chilli relish

### Avocado Toast 8 VE GFO

sourdough toast topped with avocado, toasted sunflower seeds

### Wild Mushroom & Avocado Omelette 9 GFO

infused with truffle oil, sprinkled with toasted pumpkin and sunflower seeds, served with sourdough toast and butter

### Shakshuka 14 VEO GFO

poached organic eggs, tomato, red peppers, matbucha, served with green leaf salad in creamy mustard dressing, with flatbread and schoog (Yemenite chilli sauce)

### Coconut Yogurt & Seasonal Berries 8 VE N GF

with micro mint, crushed pistachio, raspberry & rose water ice tea

## ALL DAY MENU

1100 to 2230 Saturday & Sunday

### SHARING & STARTERS

#### Mixed Italian Olives 4 VE

marinated in chilli, lemon & herbs

#### House Bread 4 VE

maldon salt, EVO oil, balsamic

#### Smoked Artichoke Tart 11 VE

lovage pesto, cherry tomato and balsamic vinegar salsa

#### Grilled Asparagus 11.5 VE GF N

wild garlic aioli, roasted hazelnuts

#### Risotto Cake 8.5 VE GF

pan fried, stuffed with Beluga lentil ragu, arrabiata sauce and arugula leaves

#### Grilled King Oyster 9 VE GF

marinated in harissa, with crispy lettuce, quinoa salad, pea and mint purée

#### Crispy Courgette Flower 10.5 VE N

filled with spinach and homemade ricotta, with toasted pine nuts, buckwheat & tomato salad, preserved lemon aioli

### MAINS

#### Mexican Plate 17 VE GF

refried black beans, jackfruit in chipotle, sweetcorn salad, guacamole, coriander rice, tostada, spicy red mole

#### Chipotle Wild Mushrooms 17.5 VE GF

sautéed with shallots and thyme in creamy chipotle sauce, served with polenta cake and grilled courgette ribbons

#### Cordon Bleu 19 VE

Breaded seitan steak, filled with cheddar and bacon, with herb crushed potatoes, creamy truffle sauce, sprouting broccoli

#### The Gate Burger 16.5 VE

crispy lettuce, tomato, red onion, gherkins, beetroot relish, served with french fries

#### Caesar Salad 15 VE

Cos lettuce with 'chicken', cherry tomatoes, capers, homemade creamy Caesar dressing, garlic and thyme croutons, finished with crispy bacon, grated parmesan

### SIDES

#### Green Leaf Salad 4 VE GF

lettuce, red onion, cucumber, tomato, served in creamy mustard dressing

#### Chunky Herb Polenta Chips 5 VE

with garlic & lemon aioli

#### Rosemary Salted Fries 4 VE

VE vegan | VEO vegan option | GF gluten free | GFO gluten free option | N contains nuts

Please be advised we operate a cashless business. Our recipes cannot be altered without prior arrangement and notice. Allergen information is available upon request, please ask the manager for details. We do not operate an allergen-free kitchen, all our dishes are subject to cross contamination. All prices include VAT. A discretionary service charge of 12.5% is applicable to all bills and is shared amongst all staff.



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@The Gate Vegetables Are My Bag



TheGateVeg