

VEGAN FOOD MENU

27th April- 25th May

Delivery & Collections every Saturday between 5pm-8pm

Mains - £6pp

~~All Gluten Free~~

- **Mushroom Panang**
- **Chickpea Massaman Curry**
 - **Goan Butterbean Curry**
A creamy tomato based curry with a sweet tang
- **Green Thai Blackeye Bean, Sweet Potato and Spinach Curry**
- **Vegan Burger Patties x 4**
- **Moroccan Tagine**
- **Louvi**
- **Potato, Cauliflower and Spinach Dhansak**
- **Portobello Chilli**

Breads

Gluten Free Sourdough Bread £5

Sourdough bread £5

Burger buns x 4 £3

Sunblushed Tomato and Olive Focaccia Wheel £5

Raw and Ready

- **Vital Salad £6** Nutrients packed super food
- **Stir-Fresh £8** (Oriental veg blend with sprouts and tamari dressing)
- **Activated, Sprouted Muesli 100g £4**
- **Cocoa & Orange Fruit & Nut Bar £3**
 - **Hibiscus Kombucha 750ml £6**
- **Lemon, Garlic & Mustard Dressing 250g £6**
- **Fresh green pesto 200g £6**
- **Walnut Gold 300g £10** Activated Walnut Butter with Cinnamon & Vanilla

Free delivery in Stroud for orders over £40; or £5 delivery charge

To order:

Text Sam on: [07482 121 989](tel:07482121989)

OR

email: Sam@FromSamtoYou.com

FROM: SAM
TO: YOU