



RAINBOW HE MENU 2026

Vegan – **gluten free** – **nut free**

BRING YOUR OWN PLATE/BOWL & CUTLERY – £1 discount

BRING YOUR OWN SMOOTHIE CUP – 50p discount

BREAKFAST (until 11am)

- Bac'n, Spinach and Blueberries Crepe with Maple Syrup (**contains quorn**) **£9.50**
- Banana, Cinnamon and Lemon Crepe (**contains sulphites**) **£5.50**
- Breakfast Butties – one item **£5**, two items **£6.50**
 - Sorage (**contains soy**)
 - Bac'n (**contains quorn**)
 - Mushroom
 - Hash Browns
- Granola Bowl with Fresh Fruit, Coconut Yogurt and Maple Syrup (**contains coconut, gluten free oats**) **£7**
- Bowl of Peaches, Strawberries and Mixed Seeds with Coconut Yogurt and Maple Syrup (**contains coconut**) **£7**
- Kids Bowl with Crispy Chocco Stars, Banana and Coconut Yogurt (**contains coconut**) **£4**
- Kids Bowl with Cinnamon Hoops, Blueberries and Coconut Yogurt (**contains coconut**) **£4.50**

SWEET CREPES (all day)

- Chocolate (**contains soy – soy free available**) **£5.50**
- White Chocolate **£5.50**
- Salted Caramel (**contains coconut**) **£5.50**
- Lemon & Sugar (**contains sulphites**) **£4.50**
- Jam **£4.50**

EXTRAS £1 EACH: Banana, Strawberries, Blueberries, Marshmallows, Squirty Cream, Crispy Chocco Stars

LUNCH (from midday-3pm)

CREPES

- Hawaiian 'Ham'n'Cheeze' with pineapple, tomato and chilli jam (sulphites, coconut, quorn) £9
- Houmous with crispy salad and smoky chilli sauce (mild) (sesame) £8
- Chik'n, Cheeze and Avocado with chilli jam (sulphites, coconut, quorn) £9
- Just 'Ham'n'Cheeze' (coconut, quorn) £7
- Houmous, Ham and Tomato (sesame, quorn) £7

FRIES

- Just Fries £4
 - Cheezy Fries (contains coconut) £5
 - Cheezy Fries with Bac'n bits and Crispy Onions (contains coconut, quorn) £6.50
- With ketchup, chilli jam, smoky chilli sauce, bbq sauce or mayo

BURGERS

- Plain V Burger in a Bun (contains soy) £5
 - Cheeze (contains coconut) 50p
 - Bac'n (contains quorn) £1
 - Lettuce & Tomato 50p
 - Avocado £1
 - Pickles (contains mustard) 50p
- With ketchup, chilli jam, smoky chilli sauce, bbq sauce or mayo

NOURISH BOWLS

- Vegetable Sticks and Dips – carrot, cucumber, celery and pepper sticks with houmous and guacamole (contains sesame) £4.50
- Beetroot, Feta and Quinoa Salad with Mixed Seeds (contains coconut) £7

DINNER (from 5-7:30pm)

ALLERGENS TO BE CONFIRMED

	Small	Regular
MONDAY – Sweet Potato & Bean Chilli with Rice, Nachos, Guac & Sour Cream	£8	£11
TUESDAY – Sri Lankan Curry with Rice, Poppadoms and Chutneys	£8	£11
WEDNESDAY – Jollof Rice, African Stew and Fried Chik'n with Plantain	£8	£11
THURSDAY – Pasta with Vegetables and a choice of Tomato or Creamy Sauce, served with Garlic Bread	£7	£10
FRIDAY – Loaded Nachos with Cajun Spiced Roasted Veg, Cheeze Sauce, Guac, Pico de Gallo and Sour Cream	£8	£11
SATURDAY – Sri Lankan Curry with Rice, Poppadoms and Chutneys	£8	£11
SUNDAY – Noodles, Stir Fried Veg and Tofu with a choice of Tereyaki, Anna's Special or just Soy Sauce	£7	£10

REAL FRUIT SMOOTHIES (all day)

Strawberries and Banana **£4**

Berry, Cherry and Banana **£5**

Tropical Fruit **£6**

****** Made with Apple Juice as standard - Coconut Water (**coconut**) + **£0.50** - Soy Milk (**soy**) + **£0.50**

DRINKS

Flawsome Can of Sparkling Fruit **£2.50**

Flawsome Juice Box **£1.50**

Water **£1.50**