

GEM HOTELS PLANT BASED MENU GEM FITZROVIA HOTEL



SANDWICHES

Served with crisps | Choice of white/wholemeal/gluten-free bread Available plain or toasted

FALAFEL & HOUMOUS (G) Served with pita bread	£14.95	
AVOCADO AND BEETROOT*	£14.95	
BURGERS		
CLASSIC BURGER (G, SE) A succulent burger served with vegan patty in a toasted bun with lettuce, fresh tomato, vegan mayonnaise and French fries.	£,16.95	
SOUP, SALADS & LIGHT BITES		
SOUP OF THE DAY Served with two warm bread rolls <i>Please ask your waiter for today's soup</i>	£9.95	
COUSCOUS SALAD (G) Served with falafel, mixed peppers, cucumber and avocado	£12.95	
CHEF'S SPECIAL SALAD (SE) Shredded lettuce, jackfruit and sesame seeds drizzled with soya plum sauce	£12.95	
NACHOS Hot tortilla crisps served with homemade spicy salsa, jalapeños, guacamole and melted vegan cheese.	£9.95	
SPRING ROLLS (G) Served with Thai sweet chilli sauce	£9.95	

(n)Vegetarians, (vg)Vegans, (C)Crustaceans, (Ce)Celery, (E)Eggs, (F)Fish, (G)Cereals Containing Gluten, (L)Lupin, (Mk)Milke, (Mo)Molluscs, (Mu)Mustard, (N)Nuts, (P)Peanuts, (S)Soya, (Sd)Sulphur Dioxide, (Se)Sesame Seeds.*Alternative options available, please check with the team member. Kindly check with your server before starting your meal. Whilst we have controls in place to reduce contamination, unfortunately it is not possible for us to guarantee that any dishes we prepare for customers with special dietary requirements will be 100% allergen or contamination free. All items are served between 11:00am until 21:45pm. Items marked with * are available 24 hours a day. All prices are inclusive of VAT.

MAINS

STIR-FRY VEGETABLE RICE NOODLES (S)	£17.95
Served with Stir-fried vegetables and cooked with plum sauce	n a soy and
CHICKPEA CURRY Served with saffron pilau basmati rice	£17.95
CHEF'S CHOICE PASTA (G)	£15.95
SIDE ORDERS	
MIXED SALAD WITH BALSAMIC VINEGAR DRESSING	£,7.95
SEASONAL VEGETABLES	£7.95
NEW POTATOES	£7.95
OLIVES, SUNDRIED TOMATOES & GHERKINS	£,6.95
DESSERTS	
VEGAN CAKE OF THE DAY (G) Kindly ask the staff for the "Cake of the Day"	£8.95
MANGO SORBET Drizzled with raspberry coulis	£8.95
FRESH FRUIT SALAD A premium selection of freshly cut fruit	£7.95

AFTERNOON TEA

Available daily from 13:00 - 17:00 in our Lounge Bar *Pre-order required* Price is per person

TRADITIONAL

£.34.50

Your chosen tea from our unique selection Selection of Vegan Sandwiches Scones – With preserves and vegan clotted cream (Sparkling Afternoon Tea available at £.8.00 supplement charge per person)



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