

Woodruff's Organic Café

24 The High Street • Stroud • 01453 759 195

Lunchtime Menu • Served 11:30 until 3pm

See board above counter for daily soups & specials

PLEASE STATE ANY ALLERGIES OR DIETARY CONCERNS WHEN ORDERING

G = GLUTEN FREE W = WHEAT FREE V = VEGAN D = DAIRY FREE

ALL MENU ITEMS AVAILABLE FOR TAKE AWAY

MAINS

ALL SERVED WITH FRESH MIXED SALADS

(please specify special diets, as some salads may contain gluten, nuts, etc..)

Add a bowl of Soup £2.50

SPICY HOMEMADE BEAN BURGER £8.50
topped with melted cheese served with salsa, sour cream, avocado & warmed pitta

Can be G/W/V/D please ask

GREEK MEZZE £8.50
with falafels, humous, marinated feta, olives & sun dried tomatoes, tzatziki & warmed pitta

Can be G/W/V/D please ask

TACO CHIPS & CHILLI £8.50
topped with melted cheese, served salsa, & sour cream

Can be G/W/V/D please ask

GOAN COCONUT DAHL £7.50
curried red lentils with cauliflower, spinach and peas, served with warmed pitta bread.

Can be G/W/V/D

SPANISH OMELETTE £8.50
Filled with potato, tomato, red pepper, onion mixed herbs & black olives

G/W/D

FALAFELS IN PITTA £6.50
with humous & tzatziki in a warmed pitta

Can be V/D/W/G please ask

HOMEMADE QUICHE £7.50
served with red onion marmalade or homemade chutney

ROASTED PORTOBELLA MUSHROOM £7.50
served in a whole meal seeded roll with fresh tomato, spinach, Dijon mayonnaise & red onion marmalade

Can be G/W/V/D please ask

SMOKED MACKEREL PATE £7.50
Served with hot buttered toast

Can be G/W please ask

STILTON ON TOAST £6.75
served with homemade chutney

Can be W please ask

SANDWICHES

ON WHOLEMEAL, WHITE OR RYE BREAD

ALL SERVED WITH FRESH MIXED SALADS

(please specify special diets, as some salads may contain gluten, nuts, etc..)

Add a bowl of Soup £2.50

Smokey vegetarian sausage & homemade chutney OR red onion marmalade

V/D £5.25

Smoked tuna & lemon mayonnaise

D £5.95

Humous & slow roasted pepper

V/D £4.75

Goat's cheese & slow roasted pepper

D £5.25

Stilton, pear & walnut £5.25

Cheddar & homemade chutney £4.75

Brie & homemade chutney sandwich £4.95

Spicy salsa, cheddar & avocado £4.95

Avocado & salad sandwich

V/D £5.50

Marinated Greek feta, olive & sun-dried tomato with rocket

D £5.25

Egg mayonnaise rocket & tomato

D £4.95

FRESH MIXED SALADS

Can be G/W/V/D please ask

Add a bowl of Soup £2.50

A selection of our fresh mixed salads, made daily.
Served with warm bread

Small £4.25

Large £6.50

ADD SANDWICH FILLING

(please see above)

(excluding smoked tuna) £2 extra

Smoked tuna & lemon mayonnaise £2.50 extra

TOASTIES

ALL SERVED WITH FRESH MIXED SALADS

(please specify special diets, as some salads may contain gluten, nuts, etc..)

Add a bowl of Soup £2.50

Please pick one of the following:

Cheddar £5.25
Brie £5.50
Goats cheese £5.75
Stilton £5.75

Please pick one of the following:

Homemade Chutney. Salsa, Tomato & fresh herbs
or Red onion marmalade

BAKED POTATOES

Can be G/W/V/D please ask

ALL SERVED WITH FRESH MIXED SALADS

(please specify special diets, as some salads may contain gluten, nuts, etc..)

With cheddar, beans OR humous £5.75
With chilli £6.50
With goats cheese £6.00
With smoked tuna & lemon mayonnaise £6.75
With brie £6.50

CAJUN SWEET POTATO WEDGES

Can be G/W/V/D please ask

ALL SERVED WITH FRESH MIXED SALADS

(please specify special diets, as some salads may contain gluten, nuts, etc..)

With cheddar, beans or humous £6.25
With chilli £7.00
With goats cheese £6.50
With smoked tuna & lemon mayonnaise £7.50
With brie £7.00

OMELETTES Can be G/W/D please ask £6.75

ALL SERVED WITH FRESH MIXED SALADS

(please specify special diets, as some salads may contain gluten, nuts, etc..)

Please choose one of the following:

Cheddar & tomato
Goat's cheese & spinach
Feta & olive
Stilton & mushroom

TAPAS (not served with salad)

Cajun sweet potato wedges & dip £4.25
Choose from dips below
Salsa or sour cream dips £1.50
Humous or tzatziki dips £1.75
Feta, sun-dried tomatoes & olives £3.75
Marinated olives £2.75
Garlic buttered toast £2.50
Garlic buttered toast w/ melted cheese £3.75
Bread roll & butter .75p
Taco chips £2.50
Taco chips with melted cheese £3.75

CHILDREN'S MENU

BIT'S N PIECES £2.95

Can be G/W/V/D please ask

fruit, seeds, cheese and cracker

1/2 SANDWICH Can be G/W/V/D please ask

Marmalade, Jam, Honey

or Peanut Butter £1.00

Cheese, Humous, Egg Mayonnaise

or Banana £1.50

Cheese or humous on toast £2.25

1/2 BAKED POTATO Can be G/W/V/D please ask

Cheese, Beans, Humous, Egg Mayonnaise

One filling £2.95 Two fillings £3.50

TACO CHIPS Can be G/W/V/D please ask

With melted cheese £2.95

With humous £2.95

With melted cheese, humous,
salsa & sour cream £4.50

OMELETTES Can be G/W/D please ask

Plain £2.75

Cheddar £3.50

BEAN BURGER £4.50

Can be G/W/D/V please ask

topped with melted cheese served in a roll or pitta

VEGETARIAN SAUSAGE £4.50

Can be V/D please ask

in a roll or pitta

HOMEMADE SOUP with a roll £3.50

HOMEMADE QUICHE £3.75

FALAFELS IN PITTA £4.50

Can be V/D please ask

with humous & tzatziki

ALSO AVAILABLE:

MILKSHAKES, LASSIS

SMOOTHIES

VEGETABLE JUICES &

A SELECTION OF TEAS AND COFFEES

Please ask our staff if you are not sure what is suitable for your diet on our menu. We can cater for all diets and are happy to make alterations to the menu to suit you. Don't forget that we offer gluten, sugar, dairy, wheat free and vegan cake options