

BRUNCH

Served until 3PM

- **H'avo Good One** 7
Guacamole, pomegranate, paprika, charred lime Sourdough (VE) or seeded bread (V).
Add on - £2.00
Poached eggs, smoked beetroot
smoked salmon - 2.50
 - **The Green Lab Baked Eggs (v)** 10.50
Tenderstem broccoli, spinach, kale & basil pesto, avocado, vegan hazelnut parmesan, sumac.
Add on - £0.75
Toasted slice of sourdough (ve) or seeded bread (v)
 - **Moroccan Poached Eggs (v)** 10.50
Paprika & tomato base, spinach, roasted squash, spring onion, red chilli, coriander, sumac yoghurt.
Toasted slice of sourdough (ve) or seeded bread (v)
 - **Cherry Tomatoes & Pesto on Sourdough (ve)** 7.25
Add on - £2.00
Poached eggs, smoked beetroot
Smoked salmon - 2.50
 - **Honey Cinnamon Banana Hot Cakes (v)** 7
Banana muffins, honey cinnamon custard, miso caramel, freeze-dried raspberries.
 - **Matcha Pancakes (v)** 8.50
Choose from:
 - Vanilla maple
 - Honey
 - Agave
 - **Açai Bowl** 9
3 topping of your choice:
 - Granola
 - Bananas
 - Seasonal berries
 - Coconut flakes
 - Chia seeds
 - Flax seeds
 - Goji berries
 - Vanilla maple syrup
 - Agave
 - **Bagels**
Roast garlic cashew cream, spinach, avocado
 - **Smoked Beetroot (ve)** 7.25
 - **Smoked Salmon** 8.50
 - **The Green Lab Hash** 12.50
Kale, chorizo, sweet potato, poached egg

NIBBLES

Served from 12PM

- **Olives (ve)** 3
Nocerella Olives
- **Steamed Edamame (ve)** 6
Chilli and Octo dressing
- **Turmeric Hummus (ve)** 5
Crispy flatbread, paprika
- **Guacamole (ve)** 6
Tortilla crisps, radish, pomegranate
- **Hot Honey Prawns** 7
Crispy rice cakes

SUSHI

- **Spicy Tuna Roll** 8 / 14
Cucumber, carrots, wasabi mayo
- **Crispy Chicken Roll** 7 / 11
Cucumber, teriyaki, miso yuzu mayo
- **Spicy Tofu Roll (ve)** 4 / 7
Pickled red cabbage, carrot, wasabi mayo
- **Vegan Maki Roll (ve)** 5 / 8
Mango, tenderstem broccoli, miso yuzu mayo

SALADS

- **Crispy Duck Salad** 10
Orange, pomegranate, strawberry vinaigrette
- **Fattoush Salad (ve)** 9
Tomato, cucumber, lemon sumac dressing

SHARING PLATES

- **Lettuce Wraps**
Sweet soy sauce, spring onion, cucumber, crispy shallots
 - **Crispy Duck** 12
 - **Oyster Mushroom** 10

SMALL PLATES

- **Prawn Pil Pil** 8
Garlic, paprika, tomato
- **Butternut Squash Korokke** 6
Pickled red cabbage, teriyaki, miso yuzu mayo
- **Turmeric and Black Pepper Bao Buns** 8
Pickled red cabbage, lemon mayo
 - **Lemongrass, Ginger Chicken** 7
 - **Panko Aubergine (ve)**
- **Prawn & Chicken Gyoza** 8
Chilli soy
- **Summer Roll**
Pickled mooli, carrot, pak choi, spring onion, coriander
 - **Prawn** 8
 - **Spicy Tofu** 6
- **Chicken Wings** 8
Honey, garlic, sesame

LARGE PLATES

- **Teriyaki Salmon** 18
Pak choi, Spring onion, Coriander
- **Miso Black Cod** 24
Ginger soubise, crispy quinoa, pickled ginger
- **Korean Glazed Lamb Chops** 18
Carrot puree, pomegranate, sesame
- **Pasta of the Day** POA
Do ask your server for the pasta of the day
- **Thai Green Curry**
Coconut rice, chilli, lime, coconut milk
 - **Tofu (ve)** 14
 - **Prawn** 16
 - **Chicken** 16
- **Chicken Skewers** 16
Sweet chilli glaze, red cabbage slaw, lime

SIDES

- **Asian Greens (ve)** 4
- **Wok-fried Tenderstem Broccoli (ve)** 4
Romesco sauce
- **Coconut Rice (ve)** 4
- **Lemon & Ginger New Potatoes (ve)** 4
Green harissa yoghurt
- **Sweetcorn Salad (ve)** 4
- **Sesame & Tamari Sweet Potato** 4

PLEASE ALWAYS INFORM YOUR SERVER OF ANY ALLERGIES OR INTOLERANCES BEFORE PLACING YOUR ORDER. THE GREEN LAB IS A SHARING CONCEPT MENU. ALWAYS ASK STAFF ABOUT ALLERGENS BEFORE TASTING DISHES YOU HAVE NOT ORDERED. NOT ALL INGREDIENTS ARE LISTED ON THE MENU AND WE CANNOT GUARANTEE THE TOTAL ABSENCE OF ALLERGENS. DETAILED INFORMATION ON THE FOURTEEN LEGAL ALLERGENS IS AVAILABLE ON REQUEST, HOWEVER WE ARE UNABLE TO PROVIDE INFORMATION ON OTHER ALLERGENS.

SERVICE CHARGE
A DISCRETIONARY OPTIONAL SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL

Allergen
and Nutritional
Information



