

dhanvadh lifestyle

simple.healthy.natural

ORGANIC & PLANT BASED

Our Autumn Menu (September- January)

Cold/Warm Salads per person (per serving)

Quinoa with seasonal roast vegetables £6.00

Mediterranean salad £4.00 (+ pasta £2.00)

Millet cous-cous with roast veg £6.00

Sweet potato and bean salad £5.00

Lentil salad with spinach and pomegranate £5.00

Warm Buddha bowls (with quinoa & basmati rice) £9.00

Sweet potato & chickpea

Marinated tofu & edamame

Roasted turmeric cauliflower with chickpeas

Ratatouille bowl (seasonal veg with a homemade tomato sauce)

Red lentil & chickpea falafel with a homemade tomato sauce

Mexican bowl (cold)

Soups per serving £6

Root vegetables with fennel

Sweet potato, carrot and coriander

Red lentil & butternut squash

(GF- Gluten Free)

Hot Option per person £8.00

Chickpea and sweet potato curry with basmati/wild rice
Rajma (Kidney beans) curry with white rice
Chole/chana masala with white rice
Tofu and Cauliflower curry with white rice
Saag (spinach & seasonal greens) with maki di roti (cornmeal chapati)
Punjabi khadi with pakora with white rice
Butternut squash & sage risotto

To swap out the white rice for Cauliflower rice + £2.00

'Sweet' Treats (refined sugar free)

Organic Energy bars £2.50 each
All the berries chia pudding £3.50 each
Overnight oat & chia pudding with stewed apple & cinnamon
Apple & blackberry crumble £3.50
Chocolate quinoa and avocado cake £3.00
Chocolate Brownie £3.00 each [GF brownie £4.00]
Bliss balls:£1 each (all can be made nut free too)

- Cocoa and coconut (peppermint-optional)
- Apricot, ginger & carrot with nutmeg
- Matcha & coconut

There is an additional delivery cost of £5.00 depending on delivery address.
Alternatively, you can pick up for free if you are local (please get in touch).

For small events and gatherings please contact us via the 'Our Kitchen' enquiry form.

For events for over 20 people we offer a 10% discount

***Please note we are a dairy free kitchen. We do handle nuts and gluten. Please ask about allergens.**

(GF- Gluten Free)