



Starters

Magic tomato sauce with fish fillets - £8

Cod fish fillets in tomato sauce with onion, red peppers, garlic, cinnamon, vinegar and olive oil.

Falafel in green tihine - £6

Chickpeas with sesame, onion, garlic.

Soups

Steak Soup - £6

Steak cooked in caramelised onion, herbs and tamari sauce.

Vegetable Soup - £6

Vegetables cooked with herbs served in vegetable broth.

Mains

Caramelized pork - £14

Roasted and caramelised pork with honey and dijon mustard served with mashed squash.

Alchemist steak - £18

Steak roasted with herbs and spices served with mashed potato, onion, garlic and olive oil.

Courgette spaghetti - £13

Courgette strips in white sauce.

Desserts

Date cake with vanilla custard - £8

Sugar-free with dates and home-made vanilla custard.

Vanilla Ice Cream - £5

Rich dairy ice cream

All dishes are gluten-free.

<https://flavouralchemist.co.uk>