

# Sunday Lunch Yoga

16 AUGUST

Everything sourced from Britain  
and very locally sourced when  
possible.

## Begin

Roasted and shaved courgette, hummus, landcress, sumac (pb)

## Middle

**Gallivant grain bowl** - british quinoa, pearled spelt, raw and pickled  
seasonal vegetables, toasted seeds and herb dressing (pb)

with choice of

Baked local hake

Or roasted cauliflower steak (pb)

## End

Kentish cherry and dark chocolate vegan ice cream (pb)

[Instagram @thegallivant](#)

Please tell us if you have any food allergies  
(v) vegetarian (v\*) plant based on request (pb) plant based