

Sunday Lunch Yoga

AUTUMN

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