

EAT AND TWO VEG®

Soups & Starters

Soup of the Day (V) £3.75
please ask your server for details served with roll & butter

Crispy Aromatic Luck (Vg) £6.50
1/4 luck, crispy vegetable protien served with pancakes, hoi sin & plum sauce, spring onion, cucumber & coriander

Snacks ~ Olives, Almonds or Wasabi Nuts - £1.95

Chinese Dumplings (Vg) £4.25
traditional stlyed dumplings, steamed and fried

Pan Fried Halloumi £5.50
marinated halloumi served with a tomato and chilli relish

Hummous £3.95
pot of our homemade hummous served with wholemeal pitta

Thai Satay (Vg) (S) £5.25
grilled Thai soya skewers & spicy peanut sauce

Spring Rolls £3.95
5 mini spring rolls with a sweet chilli dip

Mezze (Vg) £6.75
handmade hummous and falafel, aubergine salad, with tahini dressing and a tomato & cucumber salad, served with grilled pitta bread

Burgers & Sandwiches

...all served with a mixed leaf salad, coleslaw & fries

EatV Burger (S) (V) £8.75
our special blend of vegetable protein, herbs & spices on a sesame bun with iceberg lettuce, caramelised onions, tomatoes & mayo

EatV Cheeseburger (S) £9.25
as above... with cheese.

EatV Doubleburger (S) (V) £10.25
for those of you with more room!

EatV Double Cheeseburger (S) £10.75
extra protein & extra cheese too!

Fresh Roasted Vegetable Burger with mozzarella melt (V) £9.25
sliced sweet potato, portobello mushroom and beetroot on a sesame bun with iceberg lettuce, caramelised onion, tomatoes & mayo

Falafel Sandwich (V) £8.95
freshly made falafel and a lemon tahini dressing in pitta with mint yoghurt dip and salad garnish.

Halloumi Sandwich £8.95
pan fried halloumi on a toasted ciabatta with pesto, iceberg lettuce & sweet tomato jam

Breakfast

Served from...
10.30 am--12 noon Monday only
9 am--12 noon Tuesday-Saturday
10am~12noon Sunday

Afternoon Tea

Homemade Cake £4.95
served with your choice of tea or coffee

Served 3pm ~ 5:30pm Monday ~ Sunday

Sunday Special

Spinach & Herb Nut Roast £10.95
nut roast served with roast potatoes, a selection of seasonal vegetables, yorkshire pudding and a gravy boat.

Available From 1pm Every Sunday

Salads

Mediterranean Salad (Vg) £9.75
courgettes and red peppers in a roasted tomato & garlic dressing, herby chickpeas combined with celery, spring onions and pan-fried smoked tofu topped with roasted cherry vine tomatoes.

Squash Salad (V) £9.75
roasted butternut squash, green beans, mixed leaves, mixed nuts & seeds, cherry tomato and olives in our house dressing. - served with your choice of tofu or feta cheese

Not Niçoise (S) (V) £9.75
marinated organic tofu, avocado, mixed leaves, green beans, potatoes, olives, capers, hard boiled egg and cherry tomatoes

Warm Goats Cheese Salad £9.75
grilled goats cheese served with a mediterranean style salad, beetroot & pine nuts

Main Plates

Creamy Leek Tart (V) £9.50
blue cheese, creamy leeks and walnuts in our handmade pastry tart served with mixed leaves.

Rendang Curry (S) (Vg) £10.25
authentic curry with the freshest of ingredients, served with stir fried brown jasmine rice and our organic tofu.

Moroccan Tagine (S) (Vg) £10.25
chickpea, soya lamb, tomato, almond and dried fruits in a slow cooked spiced casserole served with pomegranate & lemon couscous.

Spring Vegetable Cakes £9.50
pan fried carrot, pepper, sweet potato and courgette vegetable cakes resting on a warm mixed bean & spelt ragu, topped with a salsa verde

Pasta of the day (S) (V) £8.95
please ask your server for today's pasta dish

Schnitzel (S) £10.75
crumbed protein escalope with sauteed spinach and a creamy wine & watercress sauce, served with fries or mash.

Sausage & Mash (S) £9.25
traditional English classic, lincolnshire style sausages served on a bed of creamy mashed potato surrounded by a choice of mushroom or onion gravy.

EatV All Day Breakfast (S) £9.25
traditional English breakfast, fried Free Range Organic eggs, veggie sausages, tomatoes, beans mushrooms and crispy fries.

Sides

Fries £2.75

Roasted Sweet Potato

Wedges £2.75

Creamy Mash (V) £2.75

Stir Fried Brown Rice £2.75

Garden Peas £2.75

Spring Cabbage £2.75

Spinach £2.75

Steamed Broccoli £3.00

Mixed Leaf Salad £3.00

Bread Basket £1.95



WE SOURCE THE FINEST QUALITY INGREDIENTS AND WE GUARANTEE ALL OUR PRODUCTS ARE GM FREE ACROSS OUR MENU. WE USE ORGANIC FRESH PRODUCE WHENEVER POSSIBLE. ALL OUR FOOD IS VEGETARIAN, vegan dishes are marked with (Vg). Vegan alternatives can be arranged with dishes marked (V), please ask your server if in doubt. All dishes marked with (S) use soya protein. If you have any specific allergies, please advise your server or a member of the management team and we can advise you accordingly.

Dishes on our menu may contain traces of nuts. Please ask your server if in any doubt about the ingredients in any of our dishes.

Eat And Two Veg Marylebone High Street is open:
9am~11pm Monday~Saturday (10.30am Mondays)
10am~10pm Sunday
Reservations: 020 7258 8595
www.eatandtwoveg.com Alcohol is served after 11am Monday to Saturday & from 12pm on Sunday



EAT AND TWO VEG®

COCKTAILS all at £6.65

Shaken, stirred, poured - devoured!

PIMM's N°1 jug £16.00/glass £5.50	AMARETTO SOUR	LONG ISLAND ICE TEA
BLOODY MARY	ESPRESSO MARTINI	DAIQUIRI strawberry, peach, banana, raspberry
COSMOPOLITAN	MOJITO strawberry, passion & classic	TEQUILA SUNRISE
CAIPIRINHA	APPLETINI	EatV Sangria (blanca y tinta) jug £16.00/glass £5.50

NON ALCOHOLIC COCKTAILS

VERY BERRY	4.95
VANILLA & COCONUT SHAKE	4.95
VEGAN SHAKE (banana, strawberry or mocha)	4.95
STRAWBERRY NON-MOJITO	4.95

HOME MADE FRESH JUICES all at £3.10

Passion & Apple (Apple & Passion Fruit)
rich in Vitamin A, very good for maintaining a healthy body

Carrot Juice (carrots with a touch of Ginger)
rich in Vitamins A & C, very good for cleansing & digestion

Apple, Cranberry & Banana
very good for cleansing & digestion

Raw Juice (Carrot, Cucumber, Apple & Tomato)
rich in Vitamins A & C, good for cleansing & energy

Apple, Pear, Carrot and Ginger
good for maintaining health and digestion, with Vitamins A & C

Pear and Raspberry
Good for nutrition and energy

SMOOTHIES all at £3.35

Peach & Banana

Mixed Berries

Strawberries & Orange

Seasonal

... all fantastically fresh!

BEERS by the bottle

Pilsner Urquell	3.25
San Miguel	3.25
Cobra (non-alcoholic)	3.25
Nastro Azzurro	3.25
Samuel Smith's 	3.50
Asahi	3.25

WHITES

	Glass 175mL	Bottle 750mL
2006 Colombard/Sauvignon, Crusan, France (House) Very strong aromas and good levels of acidity make this wine crisp and refreshing.	4.25	13.50
2007 Chenin Blanc. Kleine Zalze, South Africa Straw colour, concentrated nose with tropical fruit aromas. Very rich creamy palate, complex wine with great length.	4.50	15.50
2006 Sauvignon Blanc, Veramonte, Chile The cool climate of the Casablanca Valley creates an excellent wine with a classic gooseberry and cut grass aroma.	4.75	17.50
2006 Gavi di Gavi, Toledana, Italy With a light straw yellow colour and green hues. This wine has a dry taste of refinement and balance with a slight almond-esque finale.	5.00	19.00
2006 Chablis, domaine de la Levee, France A classic Chablis from an excellent estate, with a dry, flinty character, crisp acidity and a long stylish finish.	5.50	25.00
Organic White  From premium vineyards. In order to bring you a wine that follows the market the wine on offer will change frequently. Please ask your server.	5.25	20.00

REDS

	Glass 175mL	Bottle 750mL
2006 Carignan/Syrah, Crusan, France (House) With a 60% Carignan vs. 40% Syrah consistency this wine has a great balance of tradition and round fruity flavours.	4.25	13.50
2006 Nero d'Avola, Italy Deep purple colour with savoury aromas and spice 'n' sweetness tones Very intense fruit flavours balanced with a spicy oak finish	4.50	15.50
2003 Cabernet/Shiraz, Stonehaven, Australia With a ruby red colour, fresh nose and spicy aromas this blend is matured in French and American oak.	4.75	17.50
2005 Nerola, Torres, Spain This wine offers pleasing notes of fruit and spices. A velvety palate is complemented by its firm and elegant body. Very well balanced.	5.25	20.00
2006 Cabernet Sauvignon, Bonterra, California The aroma is a true, direct essence of the cabernet grape. Black cherry cranberry, cassia vanilla and cocoa. Nicely dry with soft tannins. Carefully oaked	5.50	25.00
Organic Red  From premium vineyards. In order to bring you a wine that follows the market the wine on offer will change frequently. Please ask your server	5.25	20.00

CHAMPAGNEs & SPARKLING

	Glass 175mL	Bottle 750mL
N.V. Prosecco, Fantinel, Italy	5.75	25.00
N.V. Besserat de Bellefont Brut	8.00	36.00
N.V. Besserat de Bellefont Blanc de Blanc	9.00	38.00

ROSÉ

	Glass 175mL	Bottle 750mL
2007 Cote de Provence, Robert Skalli, France The nose is carried through onto the palate with fresh tones of redcurrants and white peaches. Gentle balance and harmonious finish.	4.50	17.00

DESSERT WINES

	Glass 125mL	Bottle 750mL
2004 Sauternes, Garonnelles, France A rich sweetness and vibrant orange fruit flavour, backed by refreshing lime acidity	5.15	19.50

COLD DRINKS




Orange Juice	1.80	Ginger Ale	1.80
Apple Juice	1.80	Ginger Beer	1.95
Appletise	1.90	Grapefruit Juice	1.80
Bitter Lemon	1.80	Large Sparkling Water	3.25
Coca Cola	2.10	Large Still Water	3.25
Cranberry Juice	1.80	Lemonade	1.80
Diet Coke	2.10		

COFFEES, TEAs & MORE

Coffee	£1.95	Tea	£1.95
Cappuccino	£2.25	Earl Grey,	
Double Espresso	£2.80	English Breakfast,	
Espresso	£1.85	Camomile,	
Macchiato	£1.85	Peppermint Tea,	
Double Macchiato	£2.80	Green Tea	
Mocha	£2.25	Cinnamon Quill and Fresh Mint Tea	£2.70
Cafe Latte	£2.25	Fresh Iced Tea	£2.90
Iced Coffee	£2.80	Hot Chocolate	£2.25
Liquor Coffees	£4.95		

Soya milk is available as an alternative to milk in all of our drinks

Eat And Two Veg
Marylebone High Street is open:
9am~ 11pm Monday~ Saturday
(10.30am Mondays)
10am~ 10pm Sunday

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Puddings

Apple & Sultana Crumble £5.75

seasonal fruit crumble
served with custard or butterscotch ice cream
...vegan option available for extra £0.30

Double Choc Delight £5.75

dark chocolate dessert on a biscuit base
with a white chocolate frothing..

Cherry Pancakes £5.75

american style pancakes with cherries in a rich couli
chantilly cream

Peach Melba £5.75

.. a traditional English dessert

Pineapple Upsidedown Cake £5.75

with creme fraiche.

Organic Ice Cream & Sorbets £4.50

...with optional chocolate sauce
..... vegan option extra £0.30

Homemade Biscuits £2.95

.. to enjoy with your tea or coffee




DESSERT WINES

2004 Sauternes, Garonnelles, France
A rich sweetness and vibrant orange fruit flavour,
backed by refreshing lime acidity

Glass	Bottle
125mL	750mL
5.15	19.50

Why not follow a dessert with one of
our delicious Liqueur Coffee's? all at £4.95

Irish Coffee, Baileys, Kahlua,
Tia Maria, Brandy, Frangelico

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DIGESTIFs

	50ml
Sambuca	£4.90
Hennessy XO	£10.00
Remy Martin	£4.90
Amaretto	£4.90

WHISKEY's and MALTs

	50ml
Bells	£4.90
Johnie Walker Black	£4.90
Glenfiddich	£6.00
Jameson's	£4.90

SHERRY

	50ml
Tio Pepe	£4.90
Amontillado	£4.90

PORT

	50ml
Cockburns LBV	£4.90
Grahams Vintage	£9.00

COCKTAILs all at £6.65

Shaken, stirred, poured - devoured!

PIMM's N°1
jug £15.00/glass £5.00

AMARETTO SOUR

CALVADOS SIDECAR

BLOODY MARY

GRASSHOPPER

DAIQUIRI
strawberry, peach, banana,
raspberry

COSMOPOLITAN

MOJITO
strawberry, passion & classic

EatV Sangria (blanca y tinta)
jug £15.00/glass £5.00

CAIPIRINHA

APPLETINI

COFFEES, TEAS & MORE

Liquer Coffees	£4.95	Teas	£1.95
Coffee	£1.95	Earl Grey	
Cappuccino	£2.25	English Breakfast	
Espresso	£1.85	Camomile	
Double Espresso	£2.80	Peppermint	
Macchiato	£1.85	Green	
Double Macchiato	£2.80	Redbush (Roiboos)	
Mocha	£2.25	Cinnamon Quill and Fresh Mint Tea	£2.70
Cafe Latte	£2.25	Hot Chocolate	£2.25
Iced Coffee	£2.80	Fresh Iced Tea	£2.90

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Breakfast

Served from...
9am~ 12 noon Monday~ Friday
(10.30am Mondays)
9am~ 12 noon Saturday
10am~ 12 noon Sunday

Granola with milk, yoghurt or soya milk (Vo)	£3.95
Fruit Salad with greek yoghurt & honey	£4.95
Multigrain Toast or French Ancien Baguette with preserve	£1.65
Toasted Sausage sandwich or Sausage baguette (S)	£2.25

Omlettes

3 Egg herb omlette with your choice of fillings:	£5.25
Cheese & Tomato	
Mushroom	

1 Egg on 1 toast	£1.95
2 Eggs on 2 toast	£3.65
1 Egg, 1 Sausage, Beans & 1 toast (S)	£4.25
1 Egg, Beans, Tomato, Mushrooms & 1 toast	£4.75
1 Egg, 1 Sausage, Beans, Tomato, Mushrooms & 1 toast (S)	£5.95

Big Breakfast

2 Eggs, 2 Sausage, Beans, Tomato, Mushrooms & 2 toast (S)	£6.95
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Vegan

Beans on 2 toast	£2.45
Tomato, Mushrooms, Beans & 1 toast	£3.65
Tofu, Tomato, Mushrooms, Beans & 1 toast	£4.95

Big Breakfast

Tofu, Tomato, Mushrooms, Beans, Spinach & 2 toast	£5.95
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Peach & Banana

Mixed Berries

Strawberry & Orange

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Double Espresso	£2.65	Peppermint	
Macchiato	£1.85	Green,	
Double Macchiato	£2.80	Redbush (Roiboos)	
Mocha	£2.25	Cinnamon Quill and Fresh Mint Tea	£2.70
Cafe Latte	£2.25	Fresh Iced Tea	£2.90
Iced Coffee	£2.80	Hot Chocolate	£2.25

Soya milk is available as an alternative to milk in all of our drinks

Eat And Two Veg is open 7 days a week, from breakfast to dinner, for great ily coffee or fantastic cocktails...

...we also offer a Take Away service!



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