



LUNCH MENU

At Yeotown, we believe food should fuel both body and mind. Our ingredients are sourced with integrity. Grass-fed, regenerative-farmed meats from The Ethical Butcher, wild-caught fish from sustainable waters, and farmer's market inspired, seasonal produce from trusted local growers.

Every dish is designed to balance nourishment and flavour, rooted in our Yeotown philosophy: **Strong in Body, Clear in Mind.**



www.yeotown.com

Y LUNCH MENU

LIGHT BITES

Beetroot Hummus, Za'atar, Homemade Five Seed Crackers or Crudités 7

Vibrant beetroot blended with tahini and lemon. (S) (GF) (VG)

Rich in antioxidants and natural nitrates to support circulation and focus.

Homemade Seasonal Soup of the Day, Toasted Sourdough 9

Our daily blend of market vegetables, herbs and spices. (VG) (G) (C) (GFO)

Seasonal ingredients to fortify immunity and warm digestion.

Pan-Fried Prawn & Avocado Bruschetta, Chilli & Coriander Cress 11.5

Succulent prawns on avocado & pea -smashed, sourdough, with chilli and coriander cress. (F) (G)

High-protein, rich in omega-3s and vitamin E to nourish energy and skin health.

Homemade Kimchi & Devonshire Cheddar or Vegan Cheese Toastie 12

A probiotic twist on a comfort classic, served golden and crisp. (G) (GFO) (D) (VGO)

Fermented kimchi for gut health; live cultures to boost digestion and mood.

Free-Range Chicken Goujons with Crispy Quinoa & Seed Crumb, Sriracha Aioli 12.5

Golden goujons coated in quinoa and seeds with a spicy kick. (GF) (M)

High in lean protein and slow-release energy. Conscious comfort food redefined.

Disclaimer: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.

Allergen Guide: Celery (C) - Gluten (G) - Mustard (M) - Nuts (N) - Peanuts (PN) - Sesame (S) - Sulphates (SU) - Soya (SY) - Fish (F) - Eggs (CE) - Vegan (VG) - Gluten Free (GF) - Nut Free Option (NFO)

LUNCH PLATES

Wild Salmon, Sweet Potato, Quinoa & Kale Salad 18

Flaked wild salmon over quinoa, kale, spinach, roasted sweet potato, pomegranate and sprouting beans in a maple-mustard dressing. (F) (M) (GF)

Omega-3s for brain and heart health; antioxidants to support recovery and vitality.

Superfood Caesar Salad 16

Spinach, red chard and kale in a vegan Caesar dressing with sweet potato, sourdough croutons, chickpeas and walnut parmesan. (G) (N) (GFO)

+ Grilled chicken breast 4

Leafy greens and healthy fats to support hormonal balance and radiance.

Roasted Cherry Tomato & Spinach Linguini 16

Homemade tomato, garlic and chilli sauce with cherry tomatoes, spinach and toasted seeds, finished with Pangrattato and watercress. (G) (GFO)

+ Prawns (F) 5 + Walnut Parmesan (N)

Rich in lycopene and antioxidants to protect skin and boost circulation.

Thai Red Vegetable Curry 18

Homemade Thai red curry with coconut milk, okra, green beans and spinach, served with brown and wild rice (GF) (VG). + Prawns (F) 5 + Tofu (S) 4.5 + Extra Spicy

Coconut and turmeric to calm inflammation; herbs to uplift and energise.

Yeotown Harvest Medley 17

A vibrant bowl of quinoa, brown rice, roasted sweet potato, spinach, kale, beetroot hummus, kimchi and chickpeas. (S) (M)

Protein and probiotics for gut balance and all-day vitality.

Grass-Fed Beef Burger 19

6oz regenerative beef burger in a seeded sourdough bun with Yeotown burger sauce, baby gem, herb-roasted potatoes or seasonal salad, and kimchi slaw. (G) (M) (S) + Devonshire cheddar (D) 1.5

Iron-rich and high-protein for strength and stamina; probiotic slaw for digestion.

Yeotown Plant-Powered Burger 18

Homemade beetroot, lentil and mushroom patty in a sourdough bun with Yeotown burger sauce, baby gem, herb potatoes or seasonal salad and avocado slaw. (N)(G)(M)(SY) + Vegan cheese 1.5

Plant protein and fibre to balance energy and nourish metabolism.