



# EAT WELL, ALL DAY 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 and Devon farms known to us, sustainable fish and farmer's market inspired, seasonal produce.

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

## LIGHT BITES

### Padron Peppers 10

Flash-charred with olive oil, fresh lemon and smoked sea salt. (GF)(VG)

*Plant protein & magnesium for calm, sustained energy.*

### Hummus Mezze 10

72hr fermented sourdough flatbread & fresh vegetable crudites. (VG)(S)(G)(GFO)

*Heart healthy, gut friendly & fibre rich.*

### Seasonal Soup of the Day 10

Toasted Seven Seeded sourdough or gluten-free bread. (C)(G)(VG)(GFO)

*Fresh vegetables to support the immune system.*

### Tacos de Maíz Azul 12

Blue corn tortillas, smashed avocado, black bean salsa, pickled slaw & vegan sour cream. (GF)(VG)

+ Chicken + £3 Prawns (CR) + £4

*Gluten free with healthy fats and fibre.*

### Golden Quinoa & Seed Crusted Chicken Goujons 12

Made in house and served with hot honey & mustard aioli. (GF)(M)(E)

*Comfort food reimaged. Protein-rich with slow-release energy.*

### Prawn & Avocado Bruschetta 14

Pan-fried harissa spiced prawns, avocado, organic sprouting beans & micro greens on toasted sourdough. (CR)(G)

*High in omega 3 & selenium for glowing skin.*

## PLANT POWERED

### Thai Green Vegetables Curry 18

Homemade curry paste, coconut milk, green vegetables, fresh herbs & steamed brown rice. (VG)(GF)

+ Tofu (SY) + £4 Chicken £4 + Prawns (CR) £4

*Coconut and spices to calm inflammation; herbs to uplift.*

### Wild Mushroom Tagliatelle 17

Wild mushrooms, caramelised onion, kale & tagliatelle in a creamy sauce topped with walnut parmesan & crispy sage. (G)(N)(GFO)(M)

+ £4 Chicken + Cheddar (D) £1.5

*Rich in vitamin D and antioxidants to support energy.*

### Yeotown Harvest Medley 17

A vibrant mix of grains & herbs, roasted sweet potato, spinach, kale, hummus, kimchi, and crispy spiced chickpeas. (VG)(S)(GF)(M)

*Protein and probiotics for balance and restoration, a complete plant-powered reset in one bowl.*

### Superfood Caesar Salad 15

Fresh spinach & kale, vegan caesar dressing, sweet potato, sourdough croutons, crispy spiced chickpeas and walnut parmesan. (G)(N) + Chicken £5

*Leafy greens & healthy fats to support hormonal balance.*

### Yeotown Plant-Powered Burger 22

Homemade beetroot, lentil & mushroom patty in a toasted bun with Yeotown burger sauce, baby gem, herb potatoes or salad and kimchi slaw.

(N)(G)(M)(SY)(VG) + Vegan cheese £1.5

*Plant protein and fibre to balance energy & metabolism.*

### Miso Tofu & Spring Green Noodles 22

Miso & ginger glazed tofu, spring greens & soba noodles in a homemade miso broth topped with fresh herbs, furikake & kimchi. (S)(SY)(C)(G)



## FARM & COAST

### Grass-Fed Organic Bavette Steak 28

Cooked to your preference served with sweet potato puree, broccolini & wild mushroom sauce. (M)(SY)

*Rich in protein and iron for strength and vitality.*

### Pan-fried Scottish Salmon 24

Pan-fried Scottish salmon fillet served with seasonal salad leaves, quinoa, sweet potato, sprouting beans & pomegranate. (F)(GF)

*Omega 3 rich salmon with fibre filled quinoa & vegetables.*

### Miso Chicken & Spring Green Noodles 22

Miso & ginger glazed chicken thigh, spring greens & soba noodles in a homemade miso broth with fresh herbs, furikake & kimchi. (C)(S)(SY)(G)

*Deeply restoring with fermented miso and kimchi to support gut health.*

### Grass-Fed Organic Beef Burger 22

6oz regenerative beef burger in a toasted sourdough bun with Yeotown burger sauce, baby gem, herb-roasted potatoes or salad and kimchi slaw. (G)(M)(S)(GFO)

+ **Devonshire cheddar (D) £1.5**

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

### Hot Honey Mustard Chicken Burger 22

Crispy quinoa and seed crusted chicken goujons in a toasted bun with hot honey & mustard aioli, herb roasted potatoes or salad and kimchi slaw. (M)(E)(G)

*A balanced plate with lean protein, whole grains, and gut-friendly fermented vegetables.*

## SIDES

### Crispy Herb Potatoes 6

*Rooted in comfort, balanced with healthy oils and herbs for digestion.*

### Seasonal Side Salad 6

*Cleansing greens support liver function and vitality.*

### Kimchi Slaw 6

*Fermented and probiotic-rich for a happy gut.*

### Sautéed Broccolini 8

*Fermented and probiotic-rich for a happy gut.*

## NATURALLY NAUGHTY DESSERTS

### Apple, Pear & Blackberry Crumble 12

Stewed apples & pears with warming cardamom topped with a pecan & oat crumble, plant-based vanilla ice-cream & homemade blackberry syrup. (N)(VG)(N)(SY)(GF)

*Vibrant fruit and oats for fibre and slow-release energy.*

### Banoffee Sundae 12

Plant-based Cornish ice-cream, date salted caramel, fresh banana, crunchy pecan & oat crumb & cacao nibs. (VG)(N)(SU)(SY)(GF)

*High in plant protein and fibre.*

### Peanut Butter & Chocolate Brownie 11

Warm peanut butter & chocolate brownie and plant-based vanilla ice cream. (SY)(PN)(E)(DF)(GF)(SU)

*Gluten free and vegan indulgence.*

### Fresh Fruit Platter 10

*A light, vitamin-rich finish to rebalance and refresh.*

### Açaí Sorbet 6

*Packed with antioxidants for radiant skin and post-meal vitality.*

### Nice Cream (ask for today's flavours) (GF)(SY) 5

*Dairy-free indulgence made from pure fruit and plant-based goodness.*

**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) - Crustaceans (CR) - (Peanuts (PN) - Sesame (S) - Dairy (D) - Sulphites (SU) - Soya (SY) - Fish (F) - Eggs (E) - Vegan (VG) - Vegetarian (V) Gluten Free (GF)