


The Tiffin Pot Community Kitchen co-op



Woven together by our passions for nature, the beauty of truth, music and food we choose ethical and sustainable standards in what we buy, serve and share with the wider community as a collective. With a wish to create minimal negative impact and to provide the biggest benefit for all life on the planet; we focus on vegan/vegetarian organic, fair trade, whole, local, seasonal, raw, sprouted, compostable, reusable, recyclable, reclaimed, sustainable, home grown.

We love to serve food that everyone can eat together by using very few allergens whilst highlighting alternatives to animal products.

Tom and the team 

Menu

Breakfast

Deluxe porridge - coconut oil, dessicated coconut, date and oat milk syrup, banana

Or

plain porridge

Fresh fruit

Toast and spreads
Selection of Teas and fresh coffee
available self service

Wednesday

Lunch

Mediterranean style mung bean salad
Dolma
Olives
Potato salad
and salad leaves

Dinner

Spanish gypsy pot
With Quinoa or short grain brown rice
Or
Mac n cheese
and salad leaves
(Non vegan)

Dessert

Fruit cobbler
(Vegan)

Thursday

Lunch

Ayurvedic Green Dal
With green beans
And rice
Or
Corn chowder
And bread

Dinner

Vegetable Lasagne
With bechamel sauce
And potato wedges
(Gluten free)
(Vegan)
Or

Pesto tomato pasta
And broccoli
And salad

Dessert

Banana cake

Friday

Lunch

Sprouted mung bean salad, Salad leaves, Tabouli salad Homemade Chickpea Hummus with
garlic bread

Dinner

Sweet potato and coconut curry
With quinoa or couscous

Or

Potato gratin
And salad
(Non vegan)

Dessert

Blueberry Buckwheat pancakes
And vegan cream

Saturday

Lunch

Spicy lentil squash and tomato soup
And rice
(sambar)

Or

Tomato Gnocchi
And bread
(Non vegan)

Dinner

Shepherds Bush pie
Topped with parsley mash and greens
(Non vegan)

Or

Vegan sausage
With mash and greens

Dessert

Rice pudding
(Vegan)

Sunday

Lunch

Yellow mellow dal
Brown rice
And green garlic salad

Dinner

Sunday - roast dinner
Nut Roast
With Roast parsnips beets carrots
And potatoes with spring greens and onion gravy

Dessert

Apple crumble
And custard
(Vegan)

Monday

Lunch

Vegetable Biryani with chilli raita
(soy yogurt available)
And salad

Dinner

Mexican Chilli
With quinoa and tortilla chips
Topped with garlic black beans and cashew mayo

Dessert

Sponge cake
And custard

Tuesday

Lunch

Thai Green curry

With lemongrass galangal and tamarind
And rice

Dinner

Sweet potato and black bean burger
With potato wedges
Tomato relish guacamole and salad

Dessert

Chocolate cake

Wednesday

Lunch

Ginger and chilli stir-fry
With quinoa or couscous

Dinner

Channa masala(chickpea curry) and
Butternut Squash in a sweet tamarind masala
And green dal
With lemon brown rice
And salad

Dessert

Banana, date, hemp & oat smoothie
And fruit crumble

A selection of
Tea Coffee and Herb Teas
Available all day

GLUTEN FREE and VEGAN
Options possible
For all meals