

## 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  
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  
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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