



# Sonoma

## GLUTEN CONSCIOUS

### BREAKFAST

available until 11am

#### FREE RANGE EGGS (v) 12.95

fried eggs or scrambled eggs + watercress served on gluten free toast 476 kcal

+ smoked salmon +93 kcal 4.80

+ avocado smash with nigella seeds + fresh lime (v) +152 kcal 4.00

+ bacon +194 kcal 2.75

#### MORNING HARVEST OMELETTE (v) 15.00

classic folded omelette with cherry tomatoes, spinach, fresh avocado, vegan-style feta, spring onions, chives, watercress + basil oil 612 kcal

+ a slice of gluten free toast +167 kcal (v) 2.00

+ bacon +194 kcal 2.75

#### OVERNIGHT OATS (vg) 9.80

apple soaked gf oats + chia seeds, coconut yoghurt, cherry compote, fresh berries

+ omega seeds 662 kcal

#### MORNING ACAI SORBET BOWL (vg) 11.20

acai sorbet, blueberries, melon, banana, strawberries, homemade oat granola, coconut yoghurt + chia seeds 404 kcal

#### WEST COAST SMASH (v) 14.40

red pepper relish, homemade hummus, fresh avocado, rocket, omega seeds + basil oil on gluten free toast 954 kcal

available from 11am

### STARTERS + FOR SHARING

#### NACHOS PLATE (v) 12.00

avocado smash, black beans, cheese sauce, jalapeños + sour cream 1000 kcal

### MAINS

#### BODEGA BAY CHILLI BOWL 15.50

slow-cooked pulled beef + black bean chilli with avocado, mango pineapple salsa, sour cream, corn chips + brown rice 983 kcal

#### SEAFOOD FUSILLI 17.50

prawns, calamari, courgette, cherry tomato, garlic butter + lemon zest 852 kcal

#### FUSILLI POMODORO (vg) 15.50

tomato, zucchini, rocket + vegan style feta 709 kcal

#### FISH N CHIPS 18.00

sustainably-sourced fish\* coated in craft beer batter + served with skin-on fries + shallot tartare sauce 1188 kcal

### STONE-BAKED PIZZA

on our gluten-free base

#### MARGHERITA SONOMA (v) 15.80

tomato sauce, basil, mozzarella + smoked applewood 958 kcal

#### FREESTONE 17.75

tomato sauce, mozzarella + smoked applewood, crispy prosciutto, hot honey, crumbled goats cheese + rocket 1069 kcal

#### SANTA ROSA 17.00

tomato sauce, salami, pepperoni, olives, mozzarella + smoked applewood 1220 kcal

#### WOODVILLE (v) 16.00

salted ricotta sauce, mixed mushrooms, spinach, caramelised onions + truffle oil 904 kcal

### LOVELY EXTRAS

#### SKIN-ON FRIES (vg) 333 kcal 4.50

#### SWEET POTATO WEDGES (vg) 333 kcal 5.50

#### TENDERSTEM BROCCOLI WITH

#### GARLIC + CHILLI (vg) 225 kcal 5.90

#### APPLE SLAW (vg) 91 kcal 4.40

### WONDERFUL SWEET PLATES

#### SONOMA SUNDAE (vg) 8.50

chocolate tart chunks, vanilla ice cream, pomegranate molasses, cherry compote, coconut yoghurt, chocolate sauce + fresh berries 672 kcal

#### CHOCOLATE BROWNIE (v) 8.20

dark chocolate sauce + vanilla ice cream 771 kcal

#### ICE CREAM BOWL (vg) 6.60

choose 3 scoops from vanilla 133 kcal, chocolate 82 kcal, strawberry 93 kcal or coconut 93 kcal  
All our ice creams are vegan. Calories listed are per scoop.

All items on the gluten conscious menu have been made with ingredients that do not intentionally contain gluten (v) = vegetarian (vg) = vegan (ng) = made with ingredients that do not intentionally contain gluten.

If you have any food allergies or intolerances please speak to a member of the team before you order, and ask to see our interactive allergen guide with the 14 legally defined allergens. We take every care to prevent cross-contamination but can't guarantee your dish will be free from allergenic ingredients as our food and drinks are prepared in busy kitchens where cross-contamination may occur. Menu descriptions don't list all ingredients, and recipes are subject to change. Adults need around 2000 kcal per day. For full allergen and nutritional information visit [tkmenus.com/sonoma](http://tkmenus.com/sonoma).

Prices stated are GBP and include VAT at the current rate. All major credit cards and currencies accepted. Gratuities are discretionary and distributed 100% to our team. We welcome your feedback - email: [guestexperience@trgplc.com](mailto:guestexperience@trgplc.com) or post: trgc, 5-7 Marshalsea Road, London, SE1 1EP [www.trgconcessions.co.uk](http://www.trgconcessions.co.uk) | 0326



# VEGGIE + VEGAN

## BREAKFAST

available until 11am

**ACAI CHERRY PANCAKES (v) 10.75**  
acai sorbet, cherry compote + homemade  
fruit granola crunch 434 kcal

**BLUEBERRY + BANANA PANCAKES (v) 10.75**  
blueberries, banana + maple-flavoured syrup 489 kcal

**BRIOCHE FRENCH TOAST (v) 12.50**  
cherry compote, labneh + fresh berries 743 kcal

**MARKET GREENS DELI (v) 14.60**  
spinach, rocket, swiss cheese, pickles +  
mustard bechamel in a classic sourdough  
toasted sandwich 623 kcal

**OVERNIGHT OATS (vg)(ng) 9.80**  
apple soaked gf oats + chia seeds, coconut  
yoghurt, cherry compote, fresh berries +  
omega seeds 662 kcal

**MORNING ACAI SORBET BOWL (vg)(ng) 11.20**  
acai sorbet, blueberries, melon, banana,  
strawberries, homemade oat granola,  
coconut yoghurt + chia seeds 404 kcal

**MORNING HARVEST OMELETTE (v)(ng) 15.00**  
classic folded omelette with cherry tomatoes,  
spinach, avocado, vegan-style feta, spring  
onions, chives, watercress + basil oil 612 kcal  
+ a slice of sourdough toast (v) +159 kcal 2.00

**CRISPY TOFU POKE BOWL (vg) 13.00**  
crispy tofu, brown rice, radish,  
cucumber, edamame, avocado, pink pickled  
onions, spring onion, coriander, chilli oil +  
togarashi 542 kcal

**WEST COAST SMASH (v) 14.40**  
red pepper relish, homemade hummus, avocado,  
rocket, omega seeds + basil oil on classic  
sourdough toast 870 kcal

### AVAILABLE ALL DAY

**VEGGIE BRUNCH (v) 15.50**  
avocado smash, mixed mushrooms, vegetable  
sausage, vegan bacon, Heinz baked beans, hash  
browns + classic sourdough toast with  
fried eggs 1149 kcal or scrambled eggs 1069 kcal

**MAKE IT VEGAN** - swap your eggs to  
crispy tofu (vg) 1181 kcal

**MEXICAN EGGS (v) 15.00**  
fried eggs, black beans, avocado smash,  
red pepper relish, jalapeños + melted cheese  
on soft warm tortillas 950 kcal

**PETALUMA SUNRISE (v) 16.00**  
free range fried eggs, avocado,  
tabbouleh, homemade hummus, harissa yoghurt +  
olives with mixed leaves, agave mustard  
dressing + toasted ciabatta 1448 kcal

available from 11am

## STARTERS + FOR SHARING

**GARDEN GRAZE (vg) 8.50**  
homemade hummus, crispy  
chickpeas, red pepper relish,  
carrot, cucumber, radish, pink  
pickled onions,  
chilli + herbs with warm  
ciabatta 529 kcal

**NACHOS PLATE (v)(ng) 12.00**  
avocado smash, black beans,  
cheese sauce, jalapeños +  
sour cream 1000 kcal

**FIESTA TACOS (vg) 12.50**  
roasted butternut squash,  
avocado, black beans, vegan  
style feta, mango + pineapple  
salsa, pickled red onion +  
cilantro mayo in soft tortilla  
shells 604 kcal

## MAINS

**MARKET GREENS DELI (v) 15.60**  
spinach, rocket, swiss cheese, pickles + mustard  
bechamel in a classic sourdough toasted sandwich,  
served with skin-on fries 956 kcal or salad 807 kcal

**BBQ MUSHROOM BURGER (v) 17.20**  
shiitake mushroom patty, tomato bbq glaze,  
red pepper relish, avocado, rocket + fresh herbs  
served with skin-on fries 1351 kcal or salad 1328 kcal

**LAGUNA COCONUT NOODLES (vg) 19.50**  
fragrant light coconut broth, tenderstem  
broccoli, butternut squash, zucchini,  
spinach, coriander, togarashi, chilli oil,  
udon noodles + crispy tofu 937 kcal

**WOODVILLE (v) 16.00**  
salted ricotta sauce, mixed mushrooms, spinach,  
caramelised onions + truffle oil 936 kcal

**MARGHERITA SONOMA (v) 15.80**  
tomato sauce, basil, mozzarella +  
smoked applewood 990 kcal

**RIGATONI POMODORO (vg) 15.50**  
tomato, zucchini, rocket + vegan style feta 632 kcal

**SUNSHINE SALAD (vg) 12.50**  
roasted butternut squash, avocado, tabbouleh,  
zucchini, beetroot + carrot ribbons, cherry  
tomatoes, fresh herbs, omega seeds + mixed leaves  
with agave mustard dressing 363 kcal  
+ vegan style feta (vg) +76 kcal 3.80

**FARMHOUSE SALAD (v) 16.50**  
grilled goats cheese, beetroot, roasted  
butternut squash, avocado, tomato, mixed leaves,  
cucumber, pink pickled onions, crispy chickpeas,  
balsamic + agave mustard dressing with  
ciabatta crostini 817 kcal

CHECK OUT OUR MAIN MENU FOR OUR LOVELY EXTRAS + WONDERFUL SWEET PLATES

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