

PLANTBASED
**HOLY
 CARROT.**
 LONDON

Holy Carrot Canteen is a vegan Grab & Go concept that celebrates plant-based food with a globally inspired menu that's rich in nutrients and free from preservatives, additives and refined sugar, with most items also being gluten-free where possible.

Breakfast Items

Available 9am to 12pm

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| Overnight Bircher Pot | £3.75 |
| <small>Oat milk & oats, apple, walnuts, sultanas, pomegranate seeds</small> | |
| Sugar-free & Plant-based Morning Pastries | £3.50 |
| <small>Croissant, Fruit Danish Pastry, Pain au Chocolat</small> | |

Grab & Go

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| Holy Maki Set (6 Pieces) | £8.95 |
| <ul style="list-style-type: none"> • Tomato "tuna", asparagus, heritage vegetable, organic red rice • Oyster mushroom, smoked carrot & organic quinoa • Spiced "crab" heart of palm, purple carrot & organic red rice | |
| <i>Served with crispy onion teriyaki, spicy mayo & ponzu</i> | |
| Caesar Salad | £6.95 |
| <small>Romaine lettuce, crispy kale, homemade "parmesan", holy Caesar sauce</small> | |
| <i>Add teriyaki tofu from the kitchen £2.00</i> | |
| Miso Caramel Mousse | £5.00 |
| <small>Miso cream, almond sponge, caramel</small> | |

Wraps

*Served in gluten-free sourdough flatbread
 (Served chilled or griddled, please ask at the counter if you would like griddled)*

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| Caesar | £6.00 |
| <small>Smoked tofu pastrami, tempeh bacon, pea hummus, Romaine lettuce, Caesar sauce</small> | |
| Katsu | £6.00 |
| <small>Panko crusted tofu, crisp lettuce, katsu curry mayo</small> | |

Kitchen

Cooked and served to order

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|---|--------|
| Crispy Maki | £8.95 |
| <small>Tricolour organic quinoa, heritage vegetables, crispy tempura, spicy mayo</small> | |
| Sexy Tofu | £12.75 |
| <small>Organic glazed tofu, aubergine, red pepper & peanut sauce</small> | |
| To-Fish & Chips | £12.75 |
| <small>Bergamot Tartare sauce, purple potato & artichoke crisps</small> | |
| "Spicy Wings" | £12.75 |
| <small>Crunchy oyster mushrooms, hot buffalo sauce, gem wedge, tempeh bacon, ranch dressing</small> | |

Holy Burgers

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| The Buffalo | £13.25 |
| <small>Oyster mushrooms, hot sauce, ranch dressing, tempeh bacon</small> | |
| BBQ Mushroom | £12.50 |
| <small>Tomato, Caesar sauce, watercress, BBQ sauce, brioche bun</small> | |

Sides

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| Skin on Fries | £3.50 |
| <i>Choice of sauce</i> | |
| <small>Truffle mayo, spicy mayo, BBQ sauce</small> | |

PLANTS, PLANTS,
 PLANTS, PLANTS
 AND PLANTS!!!

DRINKS MENU

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|---|-------|
| Pressed Juices | £4.50 |
| <small>Carrot</small> | |
| <small>Apple</small> | |
| <small>Orange</small> | |
| <small>Carrot, Apple & Ginger</small> | |
| <small>Lettuce, Spinach, Cucumber, Apple & Celery</small> | |

Soft Drinks

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|---------------------------------|-------|
| Belu Still/Sparkling Water | £2.00 |
| Karma Classic Cola Sugar-Free | £3.00 |
| Kombucha Blueberry & Ginger | £4.50 |
| Kombucha Apple & Elderflower | £4.50 |
| Kombucha Strawberry & Pineapple | £4.50 |

Coffee

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|-----------------------|-------|
| Americano | £3.85 |
| Latte | £3.85 |
| Cappuccino | £3.85 |
| Espresso | £2.75 |
| Double Espresso | £3.30 |
| Macchiato | £3.00 |
| Double Macchiato | £3.55 |
| Mocha & Hot Chocolate | £3.85 |

*Choice of plant-based milk:
 Oat, Coconut, Almond, Soya*

Tea

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| English Breakfast | £3.85 |
| Earl Grey | |
| Chamomile | |
| Peppermint | |
| Lemongrass & Ginger | |
| Blackcurrant & Hibiscus | |
| Green Tea | |