



FlipFast 'Free From' Street Food

100% vegan & gluten free

We cater carefully for allergens & intolerances

MENU – HEFF

DAILY SPECIAL

- **16 August** - Pasta with Roasted Vegetables and Tomato & Basil Sauce, with optional Cheeze or Nooch (cheeze contains coconut) **£7.00**
- **17 August** - Cauliflower, Potato and Tofu Curry served with Rice, Poppadoms and a selection of Chutneys (contains sulphites, celery, soy, mustard) **£8.00** (£6.50 without Poppadoms & Chutneys)
- **18 August** - Vegan Sausage & Mash with Steamed Vegetables and Onion Gravy (contains soy, sulphites & celery) **£7.00**
- **19 August** - Pasta with a Creamy Mushroom, Spinach and Broccoli Sauce (contains soy) **£7.00**
- **20 August** - African Efo Riro Stew with Jollof Rice and Fried Plantain **£7.50**
- **21 August** - Sri Lankan Curry with Vegetables, Tofu and Coconut Milk served with Rice and garnished with ample Coriander (contains coconut, soy) **£7.00**
- **22 August** - Pasta with Roasted Vegetables and Tomato & Basil Sauce, with optional Cheeze or Nooch (cheeze contains coconut) **£7.00**

LOADED NACHOS

- With Homemade Vegetable & Bean Chilli, our house Cheeze Sauce, Guacamole, Pico de Gallo and Jalapenos (contains mustard, celery) **£8.00**
- With our house Cheeze Sauce, Guacamole, Pico de Gallo and Jalapenos (contains mustard, celery) **£6.50**
- With BBQ Pulled Jackfruit, house Cheeze Sauce and Jalapenos (contains mustard, celery) **£7.00**

SAVOURY CREPES

- Vegan Feta with Sweet Peppers, Pomegranate & Spinach dressed with Vegan Hunny (contains coconut) **£6.50**
- Houmous, Avocado and Fresh Salad with optional Smokey Chilli Sauce (contains sesame, Quorn) **£6.00**
- Vegan 'Ham n Cheeze' with Spinach, Tomato and Chilli Jam (contains Quorn, coconut, sulphites) **£6.00**

TOASTED SANDWICHES

- Cheeze & Tomato (contains coconut) **£4.00**
- Cheeze & Onion (contains coconut) **£4.00**
- Cheeze & Ham (contains coconut, Quorn) **£4.50**
- Cheeze & Mushroom (contains coconut) **£4.00**
- Ham, Mushroom & Tomato (contains Quorn) **£4.50**

EXTRAS 50p each:

- **Smokey Chilli Sauce (mild), Coriander, Basil, Red Onion Chutney, Chilli Jam**

SWEET CREPES

- Chocolate (contains hazelnuts; NUT FREE ON REQUEST) **£4.50**
- White Chocolate (may contain traces of nuts) **£4.50**
- Homemade Salted Caramel (contains coconut) **£4.50**
- Hunny **£4.50**
- Black Cherry Jam **£4.00**
- Banana, Cinnamon & Lemon (contains sulphites) **£4.00**
- Lemon & Sugar (contains sulphites) **£3.50**

EXTRAS - 50p Each

- **Banana - Strawberries - Marshmallows - Squirty Cream - Mango Papaya Chilli Sauce**

FRESH FRUIT

- Fruit Salad **£2.50**
- Fruit Salad with Coconut Yogurt, Mint and Chia Seeds (contains coconut) **£4.50**
- Water Melon Slice **£1.50**

SMOOTHIES, MILKSHAKES & FRAPPES

- Very Berry Smoothie - Banana, Mixed Berries and P-Milk **£4.00**
- Tropical Smoothie - Mango, Pineapple, Banana and Coconut Water with Fresh Mint (contains coconut) **£5.00**
- Banana & Salted Caramel Milkshake (contains soy, coconut) **£4.50**
- Strawberry Milkshake (contains soy OR coconut) **£4.00**
- Caramel Frappe with Squirty Cream (contains soy OR coconut) **£4.50**
- Biskoff Frappe with Squirty Cream & Spekulatius Biscuit Crumbs (contains soy OR coconut) **£5.50**

DRINKS

- Cawston Press Cans **£2.00**
- Coconut Water **£2.50**
- Water (in a compostable carton) **£1.50**