**Full menu | HOT GRAIN BOWLS**

Made to order | eat in | take away

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mediterranean Beluga Bowl** (GF)

Braised Black Beluga Lentils with Sofrito (base sauce of onion, carrot and celery) and Piquillo Peppers, Seasonal Ratatouille, Charred Broccolini with Sesame Seeds, Fresh Mixed Salad, Parsley Salsa Verde (contains anchovies)

Grilled Citrus-Marinated Chicken…£7.95

Grilled Halloumi…£7.95

Grilled Vegan Cheese…£7.95

Grilled Salmon…£9.90

Grilled Sea Bass…£11.00

**California Bowl** (GF, VG, VEO)

Short Grain Brown Rice with Sorrel Pesto, Preserved Lemon and Fresh Dill, Grilled Seasonal Kale with Sesame Seeds and Crunchy Bean Sprouts, House-Pickled Carrots, Candy Beets, Avocado

1. Grilled Chicken… £7.95
2. Grilled Halloumi… £7.95
3. Grilled Vegan Cheese…£7.95
4. Grilled Beet-Cured Salmon… £9.90
5. Grilled Sea Bass…£11.00

**Summer Bowl** (GF, VG, VEO)

White & Red Quinoa Salad with Nocellara Green Olives, Spring Onion and Fresh Herbs, Griddled & Chilled Seasonal Vegetables with Sesame Seeds, Avocado with Mojo de Ajo, Charred Broccolini with Preserved Lemon, Green Harissa (made from tomatillos, fresh herbs and spices), Za’atar Spice Blend

Grilled Chicken…£8.50

Grilled Halloumi…£8.50

Grilled Vegan Cheese…£8.50

Grilled Salmon…£10.50

Grilled Sea Bass…£11.00

**GF** – gluten free **VG** – vegetarian **VEO** – vegan option





KITCHEN

**Thai Bowl\*** (GF)

Brown & Riceberry Rice Salad with Thai Herbs, Cauliflower ‘Laab’, Smoky Aubergine Salad with Sesame Seeds, Cucumber & Daikon ‘Som Tum’ with Tomatoes and Crushed Roasted Peanuts, Sweet & Spicy Tamarind Dressing

Thai Grilled Chicken…£7.95

Grilled Halloumi…£7.95

Grilled Salmon…£9.90

Grilled Sea Bass…£11.00

*\*Contains Fish Sauce & Nuts*

**Middle Eastern Jewel Bowl** (VG)

Giant Couscous with Cauliflower and Kale ‘rice’, Charred Broccolini with

Sesame Seeds, Tahini Dill Fine Beans, Seasonal Ratatouille, Fresh Mixed Salad,

Mint-Pomegranate Pesto

1. Grilled Chicken…£7.50
2. Grilled Halloumi…£7.50
3. Grilled Beet-Cured Salmon…£9.90
4. Grilled Sea Bass…£11.00

**Japanese Bowl** (GF, VG, VEO)

Short Grain Brown Rice, Simmered Adzuki Beans with Shiitake Mushrooms and Wakame Seaweed, Carrot, Daikon and Lotus Root Kinpira with Shichimi Togarashi, Pickled Cucumbers with Sesame Seeds, Marinated Woodear Mushrooms, Radish Pickle, Mild Spicy Miso Sauce

**EXTRAS** Chicken £2.00 | Halloumi £2.00

Vegan Cheese £2.50 | Tofu £2.50 | Salmon £5.00 Sea Bass £6.00 | Miso Soup £1.60

1. Grilled Yakitori Style Chicken…£8.50
2. Simmered Miso Tofu…£8.50
3. Grilled Salmon…£10.50
4. Grilled Sea Bass…£11.00

13 Harrow Place, E1 7DB

Mon – Fri | 11:30 – 15:30

Tel: 020 7377 8586

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

www.grainkitchen.co.uk

info@grainkitchen.co.uk

**Seasonal Vegan Bowl £6.95**(GF, VG, VEO)

Short Grain Brown Rice, Spice Roasted Celeriac, Raw Celery, Charred White Cabbage, Simmered Tofu Scramble, Marinated Cumin Carrots, Tahini Dressing, Sunflower Seeds, Fresh Salad with Cucumber, Radish, Kohlrabi and fresh Herbs

**Southern Vegan Bowl £7.95(GF, VG, VEO)**

Spiced Chickpea Curry, Cauliflower and Brussel Sprout 'Rice' with Turmeric, Fresh Curry Leaf and Black Mustard Seed, Kale 'Mallung' with Coconut, Quick Pickled Red Cabbage, Cucumber and Mint Raita

**Tulum Bowl (GF, VE)**

White Bean Salad with Rocket, Coriander and Jalapeno, Lime and Honey Vinaigrette, Pickled Red Onions, Courgette, Grilled Corn and Pepper with Turmeric Dressing, Roasted Okra with Kalamata Olives, Tomatoes, Pine nuts and Basil, Grilled Hispi Cabbage with Coriander Crema, Pomegranate, Tomato and Chilli Salsa

a) Grilled Chicken…£8.50

b) Grilled Halloumi…£8.50

c) Grilled Salmon…£10.50

d) Grilled Sea Bass…£11.00

**Salvitxada Veggie Bowl £7.50** (GF, VG)

Quinoa Patties, Seasonal Ratatouille, Grilled Seasonal Kale with Sesame Seeds and Crunchy Bean Sprouts, Charred Broccolini, Avocado, Salvitxada Sauce