

welcome to

the  
**Plant Base**

A decorative graphic of a teal-colored branch with several leaves, positioned to the right of the word 'Base' in the main title.

restaurant & bar

**Thank you for joining us here at the only  
plant-based restaurant in Tunbridge Wells.**

**We specialise in whole foods,  
lovingly prepared and beautifully presented.**

**Take a deep breath and relax, we've got this.**

**We sincerely hope you enjoy your visit  
to your whole food haven.**

*- Geff & the team*

## APPETISERS

3.95

### KIMCHI

home-fermented napa cabbage with hot Korean chilli

[so]

### KALE CRISPS

tamari & cayenne infused dehydrated crispy kale with sesame

[se, so]

### WASABI PEAS

green peas, roasted with sweet & hot wasabi coating

[mu]

### SMOKED ALMONDS

mesquite smoked & roasted whole almonds

[nu]

## SMALL PLATES

served 'tapas-style'

we recommend ordering 3 to 4 dishes per person - dishes will be served as they are ready

### THE PLANT BASE HUMMUS

6.95

with fresh baked flatbread

[se, gl]

### KOREAN FRIED CAULIFLOWER

6.95

twice fried, lightly battered cauliflower in a gochujang chilli syrup glaze  
with pickles & sesame

[so, gl, su, se]

### BLUE CORN TOSTADA

6.95

black bean & ancho chilli topped with tomatillo & corn salsa with pickled red onion  
served on a blue corn tortilla

[su]

### SMOKED CARROT BLINIS

6.95

fluffy mini pancakes topped with cashew cream cheese  
and our famous smoked carrot lox & fresh dill

[nu]

### **MISO AUBERGINE**

**6.95**

**marinated aubergine & ginger dip with crispy panisse chips**

[so, se]

### **SPINACH & MUSHROOM CROQUETAS**

**6.95**

**served with a creamy chive dip**

[gl (wheat/oat), su, mu]

### **SPICED POTATO WEDGES**

**4.95**

**served with sriracha mayo**

[mu]

### **KING OYSTER MUSHROOM SCALLOPS**

**7.95**

**marinated in white wine and pan fried in vegan garlic butter**

[so, su]

### **JERK CORNCOB 'RIBS'**

**6.95**

**baked sweetcorn cob quarters in a spicy, smoky and sticky jerk barbecue sauce**

[se]

### **STEAMED BAO BUNS**

**7.95**

**hoisin jackfruit, cucumber, chilli, micro coriander and crushed peanut**

[gl, pe, so, gl (wheat)]

### **HOMEMADE FLAT BREAD**

**4.95**

**freshly cooked with extra virgin olive oil, balsamic vinegar & sea salt**

[gl(wheat), su]

### **TRIPLE BEETROOT SALAD**

**6.95**

**a balsamic glazed beetroot medley with coconut feta,  
sourdough croutons, rocket and pea shoots**

[gl, su]

gl = gluten / so = soya / se = sesame / nu = nuts / pe = peanut / ce = celery / mu = mustard / su = sulphites / lu = lupin / (o) = option  
All dishes may contain trace amounts of any allergens

Everything is 100% plant-based