

THE STAR *of*
BETHNAL GREEN

FLYING SPUD
MENU

➤ **SNACKS** ➤

**CELERIAC & WALNUT SLAW WITH
WHOLEGRAIN MUSTARD (V/GF) £5.00**

*Grated celeriac, crushed toasted walnuts, creamy
mayonnaise, mustard, a good helping of fresh
herbs, what not to like*

**GRILLED SPRING ONIONS, PEPPER SALSA,
CRUSHED ALMONDS (VG/GF) £6**

A bit different, but super tasty

**GRILLED BROCCOLI, OLD LADY CRISPY
CHILLI OIL, SCALLIONS, CRISPY ONIONS
(VG) £6.00**

*It does what it says on the tin, with that super
tasty crispy chilli oil.*

**VEGAN CAULIFLOWER WINGS, TAMARIND
SAUCE, MANGO CHUTNEY (VG/GF) £6.50**
*curried cauliflower bites, spiced chickpea batter,
tangy tamarind sauce sweet and spicy mango
chutney*

**WHIPPED WHITE BEANS, PEPPER SALSA,
FLAT BREAD (VG) £6.00**

*whipped white beans with roasted garlic & herbs,
tangy pepper salsa, Dalston finest flat bread from
Ararat bakery*

**CHICKPEA FRIES , PEPPER SALSA, URFA
(VG/GF) £5.50**

*A bit like polenta chips but made with chickpea
flour. Vegan, full of protein, no gluten....*

MAC & CHEESE BITES (V) £6.5

*Super cheesy mac & cheese croquettes, not that
great for your waistline but your taste buds will
thank you*

HALLOUMI (V) £7

*Squeaky cheese fries, sweet and hot pepper salsa
and that special Turkish pepper flake brother of
the Pul biber*

VEGAN MEZE £12.50

A selection of all the vegan items on our menu



If you have specific dietary requirements or require allergy information, please ask. Please be aware that food containing allergens is prepared and cooked in our kitchen and therefore cannot guarantee our dishes are 100% allergen free.

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➤ **BURGERS** ➤

ALL BURGERS COME IN A BRIOCHE BUN WITH LETTUCE, PICKLED ONIONS

**BRISKET, SAUERKRAUT, RUSSIAN SAUCE
& EMMENTAL £11.50**

New York deli favourite sandwich, without the rye bread, overnight braised beef well marbled brisket, Emmental cheese, Russian sauce & sauerkraut, not really a burger but damn it's nice

**PORK BELLY, SLAW, SRIRACHA &
CRACKLING £10.75**

What not to like.... Grilled pork belly, celeriac slaw, mayo and crackling

**FRIED CHICKEN, BUFFALO SAUCE, CRISPY
ONIONS £11.00**

Tasty and tender chicken pieces, lettuce, mayo, buffalo sauce for a kick and loads of crispy onions. Just how you like it

PULLED PORK & PICKLES £10.00

12 hours slow pork collar with maple syrup & bourbon, a bit on the spicy side, a good helping of pickles. It's a messy thing to eat, but you'll have plenty of napkins

**GRAINS, MUSHROOM & TOFU BURGER,
AUBERGINE SALSA (VG) £10.00**

Lentils, split peas, smoked tofu, mushroom, grilled aubergine salsa, whipped white beans in a vegan bun

➤ **CHIPS** ➤

SALT AND ROSEMARY (VG/GF) £4

AIOLI & SPICY TOMATO SAUCE (V/GF) £5

CHEESE AND CRISPY ONIONS (V) £5.5

BUFFALO SAUCE (V/GF) £5

PORK CRACKLING & SPRING ONIONS (GF) £5

➤ **LOADED CHIPS** ➤

A simple gluten free option to share....or not

**PULLED PORK, CHEESE & PICKLES
(GF) £8.5**

**BRISKET, RUSSIAN SAUCE, CHEESE
(GF) £9.50**

**MEAN BEANS, SALSA, CRISPY
ONIONS £8.50 (VG)**



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