



YEOTOWN MENU



www.yeotown.com

At Yeotown, we believe food should fuel both body and mind. Our ingredients are sourced with integrity. Grass-fed, regenerative-farmed meats from The Ethical Butcher, sustainable fish and farmer's market inspired, seasonal produce.

Every dish is designed to balance nourishment and flavour, rooted in our Yeotown philosophy: Strong in Body, Clear in Mind.

SMALL PLATES

Steamed Edamame with Sea Salt 6

Freshly steamed edamame served in their pods and sprinkled with a touch of sea salt. (SY)

Plant protein & magnesium for calm, sustained energy.

Hummus Mezze 7.5

Homemade hummus with garlic-infused extra virgin olive oil served with warm sourdough flatbread & vegetable crudité. (S)(G)(GFO)

Heart healthy & fibre rich.

Seasonal Soup of the Day & Toasted Sourdough 9

Daily changing homemade soup using seasonal produce served with sourdough or gluten free bread. (C)(G)(VG)(GFO)

Fresh vegetables to support the immune system.

Tacos de Maíz Azul 12.5

Choose from black bean & red pepper, sweet & spicy prawn or free-range chicken, served in a soft blue corn taco with smashed avocado, pickled slaw & homemade sour cream, (GF)(VGO)

Chicken + £3 Prawns (F) + £4 Black Bean (VG)

Gluten free with healthy fats and fibre.

Golden Quinoa & Seed Crusted Chicken Goujons 12.5

Golden free-range chicken goujons coated in a crispy quinoa and sunflower seed crumb with hot honey & mustard aioli. (GF)(M)(E)

Comfort food reimaged. Protein-rich with slow-release energy.

LAND & SEA

Braised Devonshire Lamb Shank 32

Slow braised Devonshire lamb shank in a rich jus served with mashed potatoes, spring vegetable medley & mint gremolata. (SY)(D)(M)(C)

Rich in protein and iron for strength and vitality.

Miso Chicken & Spring Green Noodles 22

Miso & ginger glazed free-range chicken, spring greens & noodles in a homemade miso broth with fresh herbs, furikake & kimchi. (C)(S)(SY)

A deeply restoring bowl with fermented miso and kimchi to support gut health.

Pan-fried Scottish Salmon 24

Pan-fried Scottish salmon fillet served with seasonal salad leaves, quinoa, sweet potato, mixed seeds and our house dressing. (F)(M)

Omega 3 rich salmon with fibre filled quinoa and vegetables.

Grass-Fed Beef Burger 22

6oz regenerative beef burger in a toasted bun with Yeotown burger sauce, baby gem, herb-roasted potatoes or seasonal salad, and kimchi slaw. (G)(M)(S)

+ Devonshire cheddar (D) £1.5

Iron-rich and high-protein for strength and stamina; probiotic slaw for digestion.

Hot Honey Mustard Chicken Burger 22

Crispy quinoa and seed crusted free-range chicken goujons in a toasted bun with homemade hot honey & mustard aioli served with herb roasted potatoes and kimchi slaw. (M)(E)(G)

A balanced plate with lean protein, whole grains, and gut-friendly fermented vegetables.

PLANT POWERED

Thai Green Vegetable Curry 18

Our homemade curry paste cooked with coconut milk and spring green vegetables served with brown rice and fresh herbs. (VG)(GF)

+ Chicken £4 + Prawns (F) £4 + Tofu (SY) £3

Coconut and turmeric to calm inflammation; herbs to uplift and energise.

Roasted Cherry Tomato & Spinach Linguine 16

Slow-roasted cherry tomatoes, linguine & spinach in our homemade tomato & chilli sauce finished with toasted seeds and watercress. (G)(GFO)

+ Prawns (F) £4 + Devonshire Cheddar (D) £1.5

Rich in lycopene and antioxidants to support skin, energy and cellular health.

Yeotown Harvest Medley 17

A vibrant mix of grains & herbs, roasted sweet potato, spinach, kale, homemade hummus, kimchi, and crispy chickpeas. (VG)(S)(GF)(M)

Protein and probiotics for balance and restoration, a complete plant-powered reset in one bowl.

Superfood Caesar Salad 15

Spinach and kale in a vegan Caesar dressing with sweet potato, sourdough croutons, chickpeas and walnut parmesan. (G)(N)

+ Chicken £4

Leafy greens and healthy fats to support hormonal balance and radiance.

Yeotown Plant-Powered Burger 22

Homemade beetroot, lentil & mushroom patty in a toasted bun with burger sauce, baby gem salad, herb potatoes and kimchi slaw. (N)(G)(M)(SY)(VG)

+ Vegan cheese £1.5

Plant protein and fibre to balance energy and nourish metabolism.

Miso Tofu & Spring Green Noodles 22

Miso & ginger glazed tofu, spring greens & noodles in a homemade miso broth topped with fresh herbs, furikake & kimchi. (S)(SY)(C)

A deeply restoring bowl with fermented miso and kimchi to support gut health.

SIDES

Herb Roasted Potatoes 6

Rooted in comfort, balanced with healthy oils and herbs for digestion.

Seasonal Side Salad, House Dressing (M) 6

Cleansing greens support liver function and vitality.

Kimchi Slaw 3.5

Fermented and probiotic-rich for a happy gut.

NATURALLY NAUGHTY DESSERTS

Strawberry Crumble Sundae 10

Homemade strawberry compote layered with plant-based vanilla ice cream, oat crumble and fresh berries. (VG)(N)(SY)(GF)

Vibrant fruit and oats for slow-release energy.

Lemon & Yuzu Protein Posset 10

A light, zesty lemon and yuzu posset, with fresh strawberries. (VG)(SY)(GF)

High in plant protein with bright citrus antioxidants.

Peanut Butter Brownie, Salted Caramel & Ice Cream 10

Warm peanut butter brownie, date salted caramel and plant-based vanilla ice cream. (SY)(PN)(E)(DF)(GF)

Gluten free and vegan indulgence.

Fresh Fruit Platter 8

A light, vitamin-rich finish to rebalance and refresh.

Açaí Sorbet 8

Packed with antioxidants for radiant skin and post-meal vitality.

Nice Cream (ask for today's flavours) (GF)(SY) 4

Dairy-free indulgence made from pure fruit and plant-based goodness.

Disclaimer: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.

Allergen Guide: Celery (C) - Gluten (G) - Mustard (M) - Nuts (N) - Peanuts (PN) - Sesame (S) - Dairy (D) - Sulphites (SU) - Soya (SY) - Fish (F) - Eggs (E) - Vegan (VG) - Vegetarian (V) Gluten Free (GF)