

OUR MAIN MENU IS 100% VEGAN

every single dish on our menu is homemade. from our fries to our sauces to our burgers—we make everything in-house.

If you have any allergens or questions about a dish, our Thrive team will be more than happy to help you.

EST 2018

THRIVE

Bruntsfield

small things

soup of the day

Fresh bread. (gfa) | £4.95

thai cakes

Artichoke, chickpea & potato cakes, lime and coriander mayo. | £6.75

thrive chilli

Shredded jackfruit, vegan cheddar, tortillas, guacamole. | £6.75

wings

Tempura battered cauli florets, hot sauce, crisp salad. | £6.50

thrive plate

Roast peppers, olives, basil pesto, sundried tomatoes, oils, sweet potato hummus, fresh bread, shaved parmesan. (n) (gfa) | £6.95

big things

thrive chilli

Shredded jackfruit, vegan cheddar, tortillas, guacamole. | £10.50

mushroom & black bean burrito

Rice, salsa, guacamole. | £9

tofu salad

Peanut & sesame roasted tofu, roasted red peppers, broccoli, spiced chickpeas. (gf) (n) | £10

falafel bowl

Falafel, tabbouleh, sweet potato hummus, cucumber, mint yoghurt dressing. | £10

mac & peas

Cashew & cauli cheeze sauce, macaroni, chickpeas, spinach, side salad, garlic bread. (n) | £9.50

sweets

chocolate brownie

Vanilla ice cream, toffee peanut butter sauce. (n) | £6.95

thrive sundae

Vanilla ice cream, toasted pecans, chocolate sauce. (gf) (n) | £6.50

pear & cardamom crumble

Coconut ice cream. | £6.75

ice cream/sorbets

3 scoops of your choice. | £5.95

burgers

All served on a soft bun, burger salad, pickles.

black bean & quinoa

house salsa. | £8

add vegan cheddar | £1.50

tofush

smoked tofu, tartar sauce. | £8

sides

plain fries

| £3.50

posh fries

parmesan & pesto. (n) | £4.50

dirty fries

cheeze sauce, hot sauce, jalapenos. (n) | £4.50

mixed olives

(gf) | £3.75

mixed salad

(gf) | £3.95

breads & oils

(gfa) | £3.75

saucers | £1

| mayo (gf) | hot sauce (gf) | guacamole (gf) | salsa (gf) | basil pesto (n) | mint yoghurt | sweet potato hummus |

(gfa) - gluten free bread available
(gf) - gluten free
(n) - contains nuts