



9A Kings Parade, Cambridge (opposite Kings College Gates) Tel: 01223 321551
 Open Tuesday - Saturday 10am - 10pm, Sundays & Mondays 10am - 4pm
 Last orders 9.30pm
 Visit our website www.rainbowcafe.co.uk
 Visit localsecrets.com for offers & vouchers.

The full menu is served all day from 10am - 9.30pm (last orders)
 & from 10am - 4pm Sunday & Monday

Member of the Food & Drink Guild of the Vegetarian Society
 Winner of the Vegetarian Society Award for best Vegetarian Café
 Lord Parsvanath Award from The Indian Vegetarian Society
 Finalist of Local Heroes - UKTV Food 2006 & 2008
 Featured on You Are What You Eat Channel 4 series



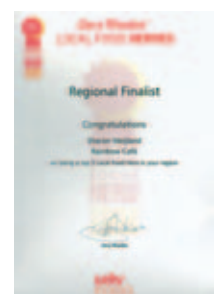
"A crowded & buzzing veggie café with a devoted regular following; it offers some first-rate dishes & even has a convenient location in a cellar opposite Kings College" - Hardens 2009



Daily menus are on the tables or on the boards

Please pay your bill at the cash desk on your way out.
 Chip & pin is now compulsory for credit cards.
 All gratuities go directly to waiting staff only.

Please note - tips may not be added to cards.



STARTERS

Soup of the day	
Starter bowl	£3.25
Brunch bowl	£3.95
Brown roll with butter or non-dairy spread	£0.75 v
Large white roll with butter or non-dairy spread	£0.95 v
Garlic bread with a choice of basil, rosemary or thyme	£2.95 v
Garlic bread with sun-dried tomato or sun-dried chilli	£3.45 v
Garlic bread with basil, rosemary or thyme & cheese	£3.45
Garlic bread with sun-dried tomato or chilli & cheese	£3.95
Small goats cheese salad	£4.95
Small Feta salad	£4.95
Salad Bowl with pasta & Rice salad	£4.95 v
Garden Salad - plain lettuce, tomato, carrot & cucumber	£2.95 vgf
Large Feta or Goat cheese	£8.45
Marinated tofu & sun-dried tomato	£8.45 v

MAIN COURSES

There is a daily menu on your table with a variety of options as well as this á la carte menu. Menu Ingredients are a guideline only; we use local & seasonal as far as possible. We make a small gluten-free lasagne each day & a small amount of gluten-free pasta - so come early! All main courses are clearly marked

v = vegan gf = gluten free n = includes nuts.

Please note we use nuts widely for nutritional reasons so cannot guarantee food is entirely nut-free. Please ask about types of nut. All main courses include a salad garnish.

FIRST CHOICE

Customers favourites since time immemorial.

Latvian Potato Bake £8.95 gf
Potatoes, mushrooms, carrots, garlic & herbs oven baked with crunchy cheese & gluten-free crumbs to an exclusive Latvian recipe. Includes salad garnish.

Spinach Lasagne £8.95
So much more than a lasagne, this signature dish is packed with juicy spinach, cottage cheese, tomatoes, onion & baked.

We make a small **gluten free** lasagne every day, please specify. Includes salad garnish. **gf**

SWIFTLY SAVOURY

In a hurry? These favourites should appeal...

Three Bean Chilli £7.95 vgf
Red hot chilli with red kidney beans, borlotti & canelli beans in a rich spicy sauce served with brown rice. Optional cheese.

Enchillada £7.95 v
Tortilla shell stuffed with three bean chilli & served with brown rice. Optional cheese.

Tacos £7.95 vgf
Corn taco shells stuffed with three bean chilli & served on brown rice. Optional cheese.

Pasta Marinara £7.95 v

Pasta Fusilli Tricolour with a simple but delectable sauce of fresh herbs, plum tomato & garlic in a traditional Italian style. Salad garnish, optional cheese.

As Risotto £7.95 vgf
With rice, salad garnish, optional cheese.

Sides: Sour cream or hot chillies or salsa or cheese. £0.95

IslaMorada Key Lime & Black Bean Pasta Bow Ties	£8.95 v
Deliciously unusual sauce of tomato, black beans, limes & flavoured with aged balsamic vinegar, with a hint of oregano & garlic, served on pasta bow ties & garnish. Can be served as Risotto on rice (gf). Optional cheese.	
Ethiopian Mesir-Wat (Lentil Bowl)	£8.95 vgf
Lentils, seasonal pumpkin & more, made with our special "berbere" spice mix & homemade vegan "Niter Kibbeh" - "Ethiopian butter" - to give a true authentic flavour. Served with turmeric rice & salad.	
Cuban Peadillo Pie	£8.95
Quorn adaption with capers, olives golden, cumin & more topped with white & then sweet potato, sprinkled with cheese & parsley & oven baked. Served on rice & peas or turmeric rice & salad garnish. No added wheat - Quorn only.	
Libyan Cuscus Bil-Khodra	£8.95
Couscous with seven vegetables, spinach, chick-peas, courgette, onion, garlic, green beans & carrot. Subtly spiced flavoured with North African herbs & spices. Served on couscous with Mediterranean parsley & salad garnish (gf when served on rice.)	
Guadeloupe Aubergine Colombo	£8.95 vgf
Caribbean curry of sweet potato, red, green & yellow peppers & aubergine in spicy flavoursome coconut milk, served on traditional rice & peas with salad garnish.	

SUPER SPECIALS

Please allow at least 20 minutes

Vegan Artichoke Parcel	£9.95 v
Delightful filo pastry parcels wrapping artichoke heart, red pepper, black olives, sun dried tomato, & vegan cheese, rich & delectable, served with rice or fusilli pasta with optional marinara sauce & salad garnish. Contains No Onions Or Garlic (without sauce).	
Jamaican Patties	£9.95 v
Each one hand-made with Caribbean pastry stuffed with lightly curried tofu, onion, garlic, peas & secret sauce. Served with a side of jerk sauce on rice & peas, pineapple, orange & salad garnish.	
Gado Gado	£9.95 vgf
Made to order crispy julienne of exotic & seasonal vegetables Indonesian style, with turmeric brown rice, garnished with pineapple, orange & physalis. Served with sides of peanut sauce, plum sauce & Tamari soy. Gillian McKeith's favourite choice! Contains no onions or garlic.	
Daily soup varieties & a daily special on the boards & menus on the tables..	

CHILDREN'S CHOICES

For babies we provide quality organic baby food FREE by popular brands, such as Plum.

Pasta with butter & cheese	£3.25
Pasta with non-dairy	£3.25 v
Half portion from main menu	£3.95
Pasta with Marinara sauce(optional cheese)	£3.95 v
Small juice drink	£1.45
Baby Ice cream	£1.45 vgf

Sorry - all the above for under 10s only

CAKES & DESSERTS

* "The best I ever tasted" - Nigel Slater

* Famous carrot cake With sour cream topping	£4.25 n
Rainbow brownie With chocolate sauce	£4.25
Rainbow apple pie With wholemeal & raisins	£4.25 v
Fruit cake Gluten-free no-added-sugar.	£4.25 vgf
Portion of cream, ice cream or custard For cakes only	£0.95

We offer a small selection of desserts on this menu as we prefer to offer a greater selection on our specials boards for the delectation of our customers. We also offer the following which change daily - please look at the boards / menus which are displayed throughout the restaurant:

Homebake cheesecake
Vegan cheesecake
Vegan crumble in a pastry tart
Fresh cream gluten free roulade

Swedish glace ice cream All natural, purely vegan, made with soy. Vanilla, chocolate, raspberry or mocha swirl (nb - individual flavours only, not mixed)	£4.25 vgf
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DRINKS

Fruit Drinks Orange, passion fruit, mango, guanabana, pomegranate or cranberry	£1.95
Belvoir Presse (Juice with spring water) Cranberry, elderflower, lime & lemongrass	£2.45
Coton Orchard Local pressed apple juice (330cl bottle)	£2.45
Glass of milk	£1.95
AQUAID mineral water, sparkling or still	£1.95
Coca-cola, Diet Coke or Sprite	£1.95
Ginger beer	£1.95

BEER & CIDER

Freedom beer (lager) - organic & vegan	£3.95
Stowford cider - organic & vegan	£3.95
& by popular request	
Grolsch - not organic but vegan	£3.95

WINES

All vegan & organic, these special wines are from exclusive vineyards using ecological methods with Soil Association certification.

Organic Blanc Dry white Bordeaux	
Glass	£3.45
Bottle	£13.95
Organic Rouge Southern French red	
Glass	£3.45
Bottle	£13.95
Organic Can Vandrell Tinto Rich & fruity Spanish red	
Glass	£3.45
Bottle	£13.95
Organic Can Vandrell Blanc Crisp & Fruity Spanish white	
Glass	£3.45
Bottle	£13.95

HOT DRINKS

All coffee & regular tea is Fairtrade. All drinks available as decaffeinated, please state your preference.

Cappucino	£1.75
Espresso	£1.75
Café Latté	£1.95
Cafetiere for one (Cream portion or milk)	£1.95
Coffee (Cream portion or milk)	£1.65
Hot chocolate with whipped cream	£1.95
Pot of tea for one Regular, Earl Grey, Lapsang, Darjeeling, or Rooibosch	£1.65
Herb tea (in a glass) Peppermint, Rosehip, Camomile, Jasmine, Blackcurrant or Green Tea	£1.65
Weekly different teas on cards	
Barley cup Usually served with soya milk	£1.95

