

VEGETARIAN & VEGAN MENU

STARTERS

Spicy Red Lentil and Chickpea Soup £4.95

With locally baked bread and vegan butter

**Pan Fried Sweet Potato,
Chestnut & Spring Onion Cakes £5.95**

Served with rocket and a tomato compote

Roasted Mediterranean Vegetable Paté £5.50

With pea hummus and toast

Tomato and Courgette Bruschetta..... £5.95

Served with pea shoots and basil oil

MAIN COURSES

Slow Cooked Smoky Gumbo £13.95

With sweet peppers, mixed beans, chickpeas
and basmati rice

Creamy Ginger, Coconut & Kale Spaghetti £13.95

A sauce of fresh ginger, coconut, kale and
cashew nuts, with courgette spaghetti and
peas. Topped with nutritional yeast flakes

Lentil and Quinoa Risotto £12.95

With curly kale, broccoli and rocket

Mushroom, Pea and Coconut Curry £13.50

Mild curry with mushrooms, coconut milk and
peas served with basmati rice

DESSERTS

Apple and Plum Tart £5.50

With vanilla ice cream and crushed pistachio

Chocolate and Coconut Torte £5.50

With vanilla ice cream and raspberry sauce