

VEGETARIAN & VEGAN MENU

STARTERS

Spicy Red Lentil and Chickpea Soup £5.25

With locally baked bread and vegan butter

Sweet Potato and Apricot Falafels £5.95

With rocket and red pepper hummus

Roasted Mediterranean Vegetable Pate ... £5.75

With sweet garlic pickle and toast

Fresh Vegetable Salad £5.95

Courgette ribbons, bean sprouts, red pepper, spring onion, cherry tomato and cashews, with a lime and coriander dressing

MAIN COURSES

Slow Cooked Smoky Gumbo £14.25

With green peppers, celery, mushroom, tomato, mixed beans and chickpeas. Served with basmati rice

Creamy Ginger, Coconut & Kale Spaghetti £14.25

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

Puy Lentil and Quinoa Risotto £13.95

With cherry tomato, curly kale, broccoli & rocket

Mushroom, Pea and Coconut Curry £13.75

Mild curry with mushrooms, tomato, sweet peppers, pea and coconut milk, served with basmati rice

DESSERTS

Warm Apple, Plum and Pecan Tart £5.95

With wild berry ice cream

Chocolate and Orange Torte £5.95

With chocolate brownie ice cream

All Dishes can be made Gluten Free, Please ask a Member of Staff