

# VEGAN MENU

## - WHILE YOU PONDER -

### FRESHLY BLENDED SMOOTHIES | 3.95

Our 100% fruit & vegetable smoothies count as 1 of your 5 a day. **BERRY** Strawberry, raspberry, blackberry. Rich in vitamins\*. 517kJ/123kcal or **GREEN** Spinach, mango, pineapple, cucumber, celery. High in vitamin C and a source of folate\*. 682kJ/162kcal

**BREADS & OIL** Warm artisan breads with olive oil and balsamic vinegar | 4.50

**NOCELLARA OLIVES** | 2.95

## - STARTERS -

**WARM LINCOLNSHIRE SWEETHEART CABBAGE** Pickled fennel, apple, toasted walnuts | 6.95

**HOME-MADE SOUP OF THE DAY** See daily specials menu | 6.25

**HUMMUS & TOASTED CIABATTA** Topped with tomato-tapenade, crispy chickpeas, pine nuts & pomegranate | 6.95

**TEMPURA OYSTER MUSHROOMS** Soy, lime & ginger dipping sauce | 6.95

## - THE MAIN EVENT -

**PLANT-BASED BURGER** In a sesame seeded bun with lettuce, tomato, pickle, coconut tzatziki and slow-roasted tomato tapenade. Served with skinny fries | 13.95

**SLOW-ROASTED TOMATO, BASIL & ALMOND BAKE** Roasted sweet peppers, oyster mushrooms and slow-roasted tomato tapenade | 13.95

**NOURISH BOWL** Tofu, warm charred broccoli, beluga lentils, roasted chickpeas, hummus, seeds, pomegranate and lemon olive oil. Rich in vitamin C\* | 13.95 Without tofu 2321kJ/553kcal | 10.95

**KALE, ONION & TURMERIC PAKORA OPEN SANDWICH** With hummus, sun-blush tomato tapenade and baby spinach, on sourdough. Served with skinny fries or side salad | 8.95

**SPICED COCONUT CURRY** With miso sesame aubergine, broccoli, a scorched red chilli and sticky jasmine rice | 12.25

### ON THE SIDE

Twice-cooked chunky chips | 3.50

Crispy onion rings | 3.50

Charred broccoli | 3.50

Crispy thyme baby potatoes | 3.50

Rocket salad with capers, pine nuts & lemon olive oil | 3.50

Samphire & baby spinach | 3.50

## - TO FINISH -

**BLACKCURRANT MOUSSE** Biscuit base, mango purée, fresh strawberries | 6.75

**BLOOD ORANGE SORBET** | 5.50

**CHOCOLATE TART** Topped with fresh berries | 5.95

**APPLE & RHUBARB CRUMBLE** Demerara crumb and soya custard | 5.95

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## ALLERGENS & DIETARY REQUIREMENTS

Our food and drinks are prepared in food areas where cross contamination may occur, and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering. Our easy to use allergen guide is available for you to use on the food section of our website. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information.

All items on this menu are made with vegan ingredients, however some of our preparation and cooking methods could affect this. Some of our dishes contain alcohol. \*Vitamin C contributes to normal psychological function. All items are subject to availability. If you require more information, please ask your server. Please note an optional 10% service charge will be added to the bill for tables of 6 or more.