



# THE GOOD INTENT

## VEGETARIAN, PESCETERIAN, & VEGAN MENU

Lunch Served 12:00pm - 2pm | Evening 6pm - 9pm

Saturday 12pm - 2:30pm | Sunday 12pm - 3pm

### While you wait

Artisan bread toasted with oil & balsamic 2.5  
Bowl of mixed olives Provençal 3

### Starters

**Soup of the day** served with freshly baked rustic bread (see black board) **(GF) (V) (Vegan) 5**  
**Japanese torpedo prawns** In panko breadcrumbs served with a sweet chilli dip & dressed Leaves **(P) 6**  
**Breaded Garlic mushrooms** with dressed Leaves and garlic dip **(V) 4**  
**Scottish Smoked Salmon** Served with lemon dressing and multi seeded bread **(P) 6.50**  
**Mediterranean Vegetable Tartlet** served with dressed leaves **(V, Vegan) 6.25**

### Mains

**Vegetarian sausages (Quorn)**, with mash and gravy with fried onions and seasonal vegetables **10.50 (V)**  
**Quinoa Chilli veg carne**, with basmati rice and sour cream, **11.50 (GF, V, Vegan)**  
**Spinach, Feta and Red Pepper Pie**, Served with GI chunky chips or mash, seasonal vegetables & gravy **11.50 (V)**  
**Spicy Thai vegan burger**, with GI fries and a sweet chilli dip and homemade onion rings **11 (V) (Vegan)**  
**Mediterranean Vegetable Tartlet**, served with dressed Salad and skin on GI fries **10 (V, Vegan)**

### Salads

**Puttenham Posh Salad**, Smoked salmon, crayfish and prawn mayo, King Prawns, lemon dressed leaves and homemade croutons. **(GF, P) 11.50**  
**Haloumi Cobb Salad**, Char grilled Haloumi, hen's egg, blue cheese, tomato, lettuce, croutons and our chefs blue cheese dressing **11.50 (GF, V)**  
**Salad de Chevre Chaude**, Grilled goats cheese crouton salad with strips of grilled haloumi, hen's egg and drizzled with honey. **(V) 11.50**

### Sides

Garden Salad / seasonal vegetables / Mash / Gi chunky Chips/ Gi Fries/ Jacket potato/ onion rings 3.5

## SEASONAL - FRESH - LOCAL

***All our menu items are sourced locally and are subject to availability***

Please let us know if you have any dietary requirements and we will endeavour to assist  
**For today's specials, and desserts please see the black boards above the inglenook fire place.**

**(GF)** = Gluten Free option **(V)** = Vegetarian **(P)** Pesceterian **(VO)** Vegan option