

# Free-From Menu

A SELECTION OF VEGETARIAN, VEGAN AND GLUTEN-FREE DISHES

## STARTERS AND SHARERS

### LOADED CHILLI NACHOS (VE) £4.45

Crunchy Corn Tortilla chips piled with spicy 3 bean chilli, jalapeños and creamy guacamole

### TEMPURA VEG (VE) £4.45

Asian-style deep-fried Tempura red & green peppers, baby corn, green beans, carrot & cauliflower served with a kickin' sweet chilli sauce

### HEARTY CARROT & CORIANDER SOUP (V) (GF) £3.45

A delicious carrot soup with vibrant coriander, served with a crusty gluten-free roll

### SHARING LOADED CHILLI NACHOS FOR 2 (VE) £6.95

Double dose of loaded chilli nachos with jalapeños & guacamole

## MAINS

### GOURMET VEGAN DIRTY BURGER (VE) £8.45

Juicy soy burger smothered with 3 bean chilli and creamy guacamole, all in a sesame bun, served with fries

### PASTA ARRABIATA (VE) (GF) £6.45

Gluten-Free pasta made from corn, rice & quinoa, tossed in a spicy tomato sauce. Served with a crisp dressed side salad

### FALAFEL SALAD (VE) £7.45

Delicately spiced, warm falafel on a bed of dressed baby gem lettuce, tomato, cucumber & red onion

### BUTTERNUT SQUASH, BEETROOT & BRIE TART (V) (GF) £7.95

Served with buttered new potatoes & a choice of green beans & peas, or dressed mixed salad

### ASPARAGUS, BROAD BEAN & ROASTED GARLIC RISOTTO (V) (GF) £7.45

Served with a crisp dressed side salad

### THAI RED VEGETABLE CURRY (VE) (GF) £7.45

Peppers, Carrot, bamboo shoots, baby sweetcorn & green beans in a mouth-watering Thai coconut, curry sauce. Served with rice and a salsa of red onion, cucumber & tomato

### GOURMET VEGAN HOT DOG (VE) £7.95

Tasty Soy Hot Dog in a soft bun & crammed with crispy fried onions. Served with fries and a crisp dressed side salad

## DESSERTS

### RASPBERRY FRANGIPANE TART (VE) (GF) £4.45

Topped with almonds served with chocolate sauce & raspberry sorbet

### STICKY TOFFEE PUDDING (GF) £4.45

A gooey toffee pudding full of sticky dates, served with dairy vanilla ice cream

### CHOCOLATE & COCONUT TORTE (VE) (GF) £4.45

A luxurious date and mixed nut base topped with dark chocolate ganache rippled with a coconut swirl. Served with raspberry sorbet

### RASPBERRY SORBET (VE) (GF) £3.45

Please be aware that all our dishes are prepared in a kitchen where nuts and gluten are present as well as other allergens. We cannot guarantee that any food item is completely free from allergens, due to the risk of cross contamination. Full allergen information is available – please ask a member of the team. Our menu descriptors do not include all ingredients. Whilst we take care to preserve the integrity of our vegetarian, gluten and nut free products, we must advise that these are handled in a multi-use kitchen environment. All weights are approximate prior to cooking. Prices shown include VAT at the current rate.

(\*) Contains Alcohol VE = Suitable for Vegans V = Suitable for Vegetarians GF = Free-from Gluten containing ingredients