

FREE FROM MENU

STARTERS

ROASTED RED PEPPER & TOMATO SOUP ~ (VE) (GFO) ~ 3.95

A homemade soup of roasted red peppers & tomatoes.
Served with crusty bread.

HASSLEBACK POTATOES ~ (VE) (GF) ~ £3.95

Roasted baby potatoes sliced thinly with mange tout and thinly sliced chilli
Served with a with a sundried tomato balsamic dressing.

CAULIFLOWER BUFFALO WINGS ~ (VE) ~ 3.95

No Buffalos were harmed in the making of these wings.

Cauliflower florets dipped in our own breadcrumb dredge and deep fried.
Served on a salad garnish with homemade BBQ Sauce

MAINS

3 BEAN MEXICAN CHILLI ~ (VE) (GFO) ~ 8.95

A homemade chilli sauce with Mexican spices, red kidney beans, cannellini beans, borlotti beans & served with pea rice & homemade nachos.

COTTAGE PIE UBER TUBER ~ (VE) ~ 7.95

Like a baked potato on steroids! Fire roasted crispy skin jacket
piled high with vegan cottage pie filling & served with salad.

HOMEMADE VEGETABLE LASAGNE ~ (VE) ~ 8.95

Tomatoes, red onion, courgette, carrots, red & yellow peppers slow cooked with layers of egg free pasta sheets and a homemade vegan bechamel. Served with salad.

BROCCOLI & CAULIFLOWER PASTA BAKE ~ (VE) ~ 7.95

Fresh broccoli and cauliflower with egg free fusilli in a rich & creamy
homemade vegan cheese sauce. Served with salad.

HOMEMADE MUSHROOM STROGANOFF ~ (VE) ~ 8.95

A pile of fresh cooked button mushrooms served in a rich & creamy pepper &
mustard spiced sauce with pea rice and pitta bread.

***** Add 'Double Dipped' Chips To Any Main Meal ~ 1.00 *** (VE) (GF)**

PLEASE TURN OVER FOR MORE MAINS AND DESERTS

GLUTEN FREE OPTION

For gluten free options (GFO) please ask for no crusty bread, pitta or nachos.

FREE FROM MENU

MAINS

MALAYSIAN MUSHROOM & BUTTERNUT SQUASH CURRY ~ (VE) ~ 9.95

My idea of curry is Meat, loads of sauce & rice and if I gotta have veg throw in some peas,

Well! Let me tell you, From the very first mouthful this curry builds in heat from the chilli but with a freshness from the lemongrass & lime leaves with flavours of ginger, cardamom, coriander, star anise & a mix of eight more spices leading to the most flavoursome fragrant curry we have ever made, a little dryer than your usual curry but that just seemed to make it better, didn't even realise I was eating the butternut squash, & guess what Nom Nom Nom~eat. Just kept on ramming it in me face hole!

This could be **your** new favourite curry! ~ Served with pea rice & pitta bread.

MOROCCAN SWEET POTATO & CHICKPEA STEW ~ (VE) (GFO) ~ 8.95

A homemade stew of sweet potatoes, chickpeas, tomatoes & Moroccan herbs and spices. Served with a Moroccan spiced rice & pitta bread.

MOROCCAN FALAFEL KEBAB ~ (VE) ~ 9.95

Six Moroccan spiced falafels with red & yellow peppers mushroom and lime served on a kebab skewer with spicy rice, salad, pitta and drizzled with homemade kebab sauce.

***** Add 'Double Dipped' Chips To Any Main Meal ~ 1.00 *** (VE) (GF)**

DESSERTS

CHOCOLATE CHIP ORANGE PUDDING ~ (VE) ~ 3.95

A tangy orange sponge pudding studded with vegan dark chocolate chips flooded with a rich chocolate sauce. Serve with vegan vanilla ice cream.

HARVEST CAKE ~ (VE) (GF) ~ 3.95

Two layers of lovely moist spiced apple, pineapple, parsnip, sultanas, and carrot vegan & gluten free sponge filled and topped with lime flavour frosting, hand sprinkled pistachios and caramel flavoured sauce.

3 SCOOPS OF VANILLA ICE CREAM ~ (VE) (GF) ~ 3.95

3 scoops of vanilla ice cream with fresh strawberries of banana drizzled in toffee or strawberry flavoured sauce.

PLEASE TURN OVER FOR MORE STARTERS & MORE MAINS

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