

# 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.

## 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.

\*\*\* 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**

## GLUTEN FREE OPTION

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