

## Vegan Set Menu - January 2019

please inform your waiter before ordering of any specific dietary requirements that you may have. allergens listed here are intentionally used as ingredients. some dishes are marked with a \* due to a contamination risk from shared fryers. many of our dishes are easily adjusted to suit allergies, please ask your waiter for more information. whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment; nor can we guarantee against the processes used by our suppliers, unless otherwise stated. our recipes may change, so please check each time you visit us.

### Does it contain?

	Milk & Milk Products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Garlic	
<b>starters</b>																
vegan duck salad					yes - wheat & barley				yes			yes				yes
<b>mains</b>																
aubergine, lentil and chickpea dhal					yes - wheat			yes - almonds			yes					yes
butternut squash, turmeric and coconut stew									yes			yes				yes
<b>dessert</b>																
coconut ice cream with mango sauce and coconut flakes																
<b>vegan specials</b>																
moving mountains burger					yes - wheat, barley & oats				yes	*	yes		yes			
black bean chilli					yes - wheat				yes				yes			yes
aubergine, lentil and chickpea dhal					yes - wheat			yes - almonds			yes					yes
<b>vegan smoothies</b>																
blackberry, coconut and banana																
raspberry wake up					gluten free oats											

## Vegan and Vegetarian Plates - January 2019

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<b>starters</b>																
giant green gordal olives													yes			
toasted focaccia with hummus and olives					yes - wheat				yes			yes				yes
crispy fried cauliflower with red pepper dip										yes	yes					yes
stone baked bread					yes - wheat				yes				yes			
roasted garlic and herb bread					yes - wheat				yes							yes
spiced tortillas with avocado, tzatziki and red pepper dip	yes				yes - wheat	*										yes
<b>starters</b>																
vegan duck salad					yes - wheat & barley				yes			yes				yes
roasted butternut squash, lentil and coconut soup					yes - wheat				yes	yes		yes				yes
crumbed halloumi sticks	yes				yes - wheat	yes					yes					yes
veggie sharing plate	yes				yes - wheat	yes		pine kernels (not a nut)	yes	yes	yes	yes				yes
<b>mains</b>																
glow bowl					yes - wheat				yes	*	yes	yes	yes			yes
Bill's wellington					yes - wheat & barley			yes - cashews		yes						yes
macaroni cheese	yes				yes - wheat				yes		yes	yes	yes			yes
halloumi burger	yes				yes - wheat	yes			yes	*	yes	yes				yes

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<b>vegan specials</b>															
moving mountains burger					yes - wheat, barley & oats				yes	*	yes		yes		
black bean chilli					yes - wheat				yes				yes		yes
aubergine, lentil and chickpea dhal					yes - wheat			yes - almonds			yes				yes
<b>sides</b>															
green leaf and mixed seed salad									yes		yes	yes	yes		yes
fries					yes - wheat					*	*				
long stem broccoli with sugar snap peas and mixed seeds	yes								yes			yes			yes
sweet potato fries					yes - wheat					*	*				
macaroni cheese	yes				yes - wheat						yes				yes
<b>puddings</b>															
chocolate fondant					yes - wheat			yes - hazelnuts	yes						
coconut ice cream with mango sauce and coconut flakes															
sticky toffee and date pudding	yes				yes - wheat	yes		yes - hazelnuts	yes				yes		
apple and salted caramel crumble	yes												yes		
pecan pie	yes				yes - wheat	yes		yes - pecan and hazelnuts	yes						
warm mini cinnamon doughnuts	yes				yes - wheat	yes			yes				yes		
lemon meringue pie in a glass	yes					yes							yes		
melting banoffee sundae	yes				yes - wheat				yes				yes		
warm triple chocolate brownie	yes					yes			yes						
wafer for ice cream (wafer only)	yes				yes - wheat				yes						
chocolate ice cream no wafer	yes								yes						

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strawberry ice cream no wafer	yes														
salted caramel ice cream no wafer	yes														
vanilla ice cream no wafer	yes														
coconut ice cream no wafer															
lemon sorbet no wafer															