

## **AVEGAN MENU**

### **STARTERS (served from 12)**

Allotment sharer - Avocado hummus, sunsweet tomato hummus, garlic and herb olives, warm spicy tortillas	10.95
Soup of the day, bread, herbs (gf+)	4.95
Stone baked cheesy garlic & herb bread	3.95
Seitan crispy hot wings with garlic mayo	5.95

### **MAINS (served from 12)**

Vegan Fish & Chips - Fried Tofu, nori, triple cooked chips, tartare sauce	13.95
Roasted butternut squash salad, avocado, pomegranate, carrot ribbons, toasted superseeds, lime & maple dressing with marinated tofu (gf+)	13.95
Lentil, mushroom & olive burger, red onion marmalade, skin on fries	12.95
Crispy seitan fillet Burger, chilli avocado, salad, red onion, garlic mayonnaise, skin on fries	12.95

### **STONE BAKED PIZZA**

WOODMAN - Wild mushroom, vegan cheese, red onion, chervil, tarragon	12.95
AUNTY MARG - Vegan cheese, tomato sauce & basil	8.95
ALLOTMENT- Butternut squash, kale, mozerella, sage pesto, chilli	12.95

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### **SIDES**

Seasonal greens	3.95
Skin on fries	2.95
Mushy Peas	2.50
Sweet potato wedges	3.95
Mixed Salad	3.95
Marinated Tofu	3.95

### **DESSERTS**

Raw vegan brownie	6.95
Blackberry and Prosecco Sorbet	4.95

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### **BRUNCH (served till 3pm)**

Paleo nut, goji and coconut cereal with almond milk /soya milk / coconut mik	(vg) (v) 7.50
Protein Bowl - brown rice, spinach, tofu	8.95
Brunch Bloomer - Vegetarian sausage, field mushroom & tomato	7.50

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### **AFTERNOON TEA (served 3-5pm)**

14.95 (minimum 2 people)

Raw Vegan Brownie
Lemon & Poppyseed Cake
Hummus, falafel, carrot salad & Vegan cheese & Tomato sandwiches
Choice of Teas

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