

# adventures in a plant based diet



## Breakfast:

Vegan **yoghurt, granola,**  
frozen forest berries 6.00

## Snack:

Vegan **sausage roll,** HP sauce 3.00

Popcorn **cauliflower,**  
curried vegan mayonnaise 4.50

## Starters:

Stir fry **tender stem brocolli & pok choi,**  
chilli, ginger, soy 7.00

**Tempura battered vegetables,**  
sweet chilli sauce 5.00

Maple glazed **heritage carrots**  
curried vegan mayonnaise 6.00

## Mains:

Battered **vegan halloumi,** big fat chips,  
mushy peas, sweet chili sauce 15.00

**Red Thai butternut squash,** roasted red  
pepper, spinach & chick pea **curry,**  
coconut rice 15.00

Wild **mushroom risotto,** truffle oil 16.00

Winter vegetable & lentil **cottage pie,**  
sweet potato thatch 14.00

## Desserts:

Cinnamon **poached pear** 5.00

Winter **berry crumble,** vegan ice cream 5.00

**Chocolate & almond pot,**  
frozen forest fruits 6.00

## Bean Brews & Infusions:

All our coffees and teas are available  
with a choice of **oat, almond or soya  
milk.**

## Squeezed:

Freshly squeezed **orange juice** 4.20

White Wine 125ml 175ml 250ml Bottle

**Bottega Pinot Grigio delle Venzie, - Italy** 4.70 7.00 9.30 26.00  
Light and dry with floral and citrus notes.

**Castell Chardonnay Costers del Segre, Raimat - Spain**  
5.00 7.50 9.70 28.00

A 100% unoaked Chardonnay made with the latest techniques of cool-fermentation. A stunning, youthful wine which reveals plenty of delicate, aromatic notes followed by vibrant, refreshing fruit on the palate.

**Picpoul de Pinet, Réserve Mirou - France** 32.00

The Picpoul grape has been grown around the sleepy village of Pinet, close to the Mediterranean coast, for centuries. Bright and fresh, it's rather like a fuller bodied Muscadet with plenty of citrusy fruit.

Red Wine 125ml 175ml 250ml Bottle

**Calia Lunaris Malbec - Argentina** 5.00 7.50 9.70 28.00

A rich, full red with lovely damson and plum fruits. Soft tannins with a subtle hint of underlying oak.

**The Guv'nor, Felix Solis - Spain** 5.50 8.00 10.50 30.00

No-nonsense wine, with plenty of rich, ripe, sweet red and dark fruit flavours and a juicy finish. Lightly oaked. Recommended!

**Don Jacobo Rioja Reserva, Bodegas Corral - Spain** 40.00

A traditional mature Rioja made from 95% Tempranillo, with a dash of Garnacha and Mazuelo.

Rose Wine 125ml 175ml 250ml Bottle

**Bottega Pinot Grigio Rosato - Italy** 4.70 7.00 9.30 26.00

A mouthwatering rosé that boasts red fruits, raspberries and cherries along with racy acidity and a delicious fruity finish

**Mirabeau Cotes de Provence - France** 7.00 10.00 13.00 38.00

Nose of red summer fruits of cherry, raspberry, and wild strawberry. Delicately fruity with some hints of citrus and a lovely dry freshness on the palate.

Sparkling Wine & Champagne 125ml Bottle

**Pontebello Prosecco Spumante DOC - Italy** 7.00 27.00

An attractive biscuity nose leads onto a bright fruity palate with hints of pears and melon.

**Veuve Clicquot Yellow Label Brut NV** 75.00

Well known for both its full-bodied, biscuity style and its consistency.

**Champagne Billecart Salmon Rosé Brut NV** 99.00

Pale salmon pink in colour, with a shade of gold. Elegant with finesse.