



VEGETARIAN MENU

STARTERS

Pearl Barley & Quinoa Soup – 4.50 (V&V+) Gf

accompanied with warm crusty petit pain bread

Flava Vegetable Tempura – 5.50 (V/V+) Gf option

served with mango, pineapple and habanero chilli sauce

Health Bullet – 6.5 (V)

liquid starter, blending together; cucumber, kale, celery, cranberry juice & ground almonds

In-house roasted herb tomato , cracked black pepper cottage cheese & pickled

samphire– 6 (V/V+) Gf

served with fruit infused drizzle

Cauliflower fritter – 5.95 (V/V+)

served with salad garni & lime & mango chutney

Main Courses

Puttanesca - 11.95 (V/V+)

Our take on an Italian classic, tomatoes, olive oil, capers, olives and garlic with anchovies being substituted for umami paste

Borlotti Bean & Chickpea Stew (V/V+) - 10.95

rich tomato sauce with cherry tomato, smoked paprika and a side of pesto ciabatta

Roast vegetable & Sage Cake (V/V+) - 10.95

served with crushed new potato and sweet tomato & habanero sauce

Puy Lentil & Butternut Squash Curry (V/V+) - 12.95

served with pilaf rice & giant poppadom

Mediterranean Cottage Pie – 11. 50 (V)

with sundried tomato, spinach and aubergine with mozzarella topped mash & side of seasonal vegetables