

# VEGAN & VEGETARIAN MENU

## STARTERS .....

## ROSEMARY, THYME & GARLIC BAKED CAMEMBERT FOR TWO (V)

Honey, toasted sourdough, figs, pear, caramelised seeds, green tomato chutney. 1101kcal  $\cdot$  14.50

#### **ROAST BUTTERNUT SQUASH SOUP (VE)**

Butternut squash crisps, apple, toasted pumpkin seeds, sage oil. 492kcal  $\,\cdot\,$  6.75

#### MUSHROOMS ON SOURDOUGH (VE)

Wilted spinach, white wine, garlic, parsley, toasted pine nuts. 307kcal  $\cdot$  8.50

## CONFERENCE PEAR, DOLCELATTE & BEETROOT SALAD (V)

Red chicory, baby gem lettuce, candied seeds, Cabernet Sauvignon vinaigrette. 318kcal  $\,\cdot\,$  8.75

#### TWICE-BAKED CROPWELL BISHOP STILTON SOUFFLÉ (V)

Apple, red chicory, seed granola, green tomato chutney 463kcal  $\,\cdot\,$  9.75

# MAINS ....

## BUTTERNUT SQUASH, GNOCCHI, BROWN BUTTER & BASIL PESTO (V)

Torn mushrooms, Roscoff onions, ricotta, toasted pumpkin seeds. 785kcal  $\,\cdot\,$  17.50

#### PORTOBELLO MUSHROOM, CHESTNUT, SPINACH & LENTIL WELLINGTON (VE)

Baby potatoes, sautéed mushrooms, green beans, onion gravy. 1343kcal · 18.95

#### ASPARAGUS & BUTTERNUT CURRY (VE)

Fragrant coconut, lemongrass and ginger curry, sticky jasmine rice, charred lime. 711kcal  $\cdot$  16.50

#### **RISOTTO VERDE (VE)**

Tenderstem® broccoli, peas, courgette, basil pesto, white wine, lemon. 578kcal · 14.95

#### AVOCADO, KALE & MANGO SALAD (V)

Edamame, spring onion, chilli, feta, fresh mint, grains, lime dressing.  $523kcal \cdot 14.95$  Vegan option available. 458kcal

## ROAST VEGETABLE STEW WITH PAPRIKA & CUMIN SEEDS (V)

Roast tomatoes, peppers, butternut squash and baby kale in warming spices with feta and chickpeas, toasted sourdough. 754kcal  $\cdot$  15.50 Vegan option available. 658kcal

# SIDES .....

SEASONED FRIES (V) 359kcal · 4.25

# SWEET POTATO FRIES, CHILLI & LIME (V)

554kcal · 5.50

ONION RINGS (V) 289kcal · 4.25

# **ROCKET & TOMATO SALAD (VE)**

120kcal · 4.25

TENDERSTEM® BROCCOLI, PINE NUT GRANOLA (VE) 121kcal · 4.50

# ROASTED PORTOBELLO MUSHROOMS (V)

182kcal · 4.50

#### **BUTTERED SEASONAL GREENS (V)**

209kcal · 4.25

## VIRGIN COCKTAILS

Our alcohol free take on the classics... you'd be forgiven for thinking they were the real thing.

## VIRGIN STRAWBERRY DAIQUIRI (V) · 6.50

Strawberry, lime, agave, Lyre's White Cane Non-Alcoholic Drink. 114kcal

## VIRGIN MOJITO (V) · 6.50

Lime, soda, fresh mint, Lyre's White Cane Non-Alcoholic Drink. 58kcal

# AMALFI SPRITZ (V) · 7.50

Lyre's Italian Spritz, Fever-Tree White Grape & Apricot Soda. 82kcal

## TROPICAL HIGHBALL (V) · 7

Lyre's Italian Spritz, passion fruit, Fever-Tree Mexican Lime Soda.

Please note that as the above alcohol-free cocktails are based on classic alcoholic cocktails, we are unable to sell them to anyone under the age of 18.

# **ELDERFLOWER SHERBET (V)** · 5.50

A refreshing blend of elderflower, lime, apple, lemonade, cucumber and fresh mint. 148kcal







Allergen Information: Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know <u>before</u> ordering.

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server.

\* = this dish contains alcohol.

All calories are correct at the time of menu print. Live nutrition information is available online.

All items are subject to availability.