



VEGETARIAN AND VEGAN HOME-MADE, FRESH NATURAL FOOD SERVICE

Soups £1.65 per 440g / 14oz serving.



Tomato, red pepper and onion.

A light, refreshing, smooth soup.

Ingredients: Tomato, red pepper, onion, home made vegetable stock, celery, garlic, bay leaves.



Country Veg.

A traditional combination of vegetables and pulses.

Ingredients: Red onions, a little garlic, mixed fresh vegetables, home made vegetable stock, mixed pulses.



Lentil, pasta and mixed vegetable.

Substantial and nutritious. Quite a thick soup with little pasta shapes.

Ingredients: Onion, a little garlic, carrots, celery, red lentils, home made vegetable stock, pasta.



Mixed bean.

An obvious favorite! Mixed beans and vegetables in a flavoursome stock.

Ingredients: Red onion, potatoes, carrots, leek, green chilli (optional), some spices, garlic, mixed beans and home made vegetable stock.



French onion.

A classic soup.

Ingredients: Onion, herbs and home made vegetable stock.



Green pea soup.

An established favorite.

Ingredients: Green split peas, onion, home made stock, seasoning.

Mains priced per generous portion.



Chick pea and vegetable casserole.

£3.85 per portion

A hearty casserole, stuffed with goodness.

Ingredients: Onion, a little garlic, spinach, fennel, red pepper, home made stock, soy sauce, bay leaves, chick peas and a pinch of coriander.



Potato and cauliflower curry. £3.85

per portion

Hot and spicy vegetable chunks in a curry sauce

Ingredients: Potato, onion, garlic, spices, ginger root, red chilli (optional), cauliflower, tomatoes, peas, stock and coriander.



Four cheese layer bake. £4.85 per

portion

Rich and creamy with a full flavour.

Ingredients: Artichoke hearts, red onion, potato, mixed fresh vegetables, mixture of four cheeses, herbs and tofu.



Vegetarian crumble. £4.50 per portion

A savory crumble blending cheese, vegetables and seeds. Delicious!

Ingredients: Mixed root vegetables, onions, tomatoes, grenola margarine, wholemeal flour, home made vegetable stock, milk (can be soya), fresh parsley, sesame seeds, seasoning.



Potato topped vegetables in wine.

£4.85 per portion

Filling and a little bit special.

Ingredients: Cauliflower, broccoli, carrot, fennel, green beans, white wine, chestnut mushrooms, milk, herbs, potatoes and parmesan.



Vegetable lasagne. £4.50 per portion

A family favorite. Rich and tasty sauce served between lasagne verde sheets.

Ingredients: Aubergine, herbs and spices, green pepper, onion, mushrooms, courgette, passata, cheese, milk and home made stock.



Vegetable bolognese with tofu.

£3.85 per portion

Choose from tofu, tvp or just vegetables.

Ingredients: Mixed fresh vegetables, tomatoes, herbs, soya sauce, tofu.



Vegetarian chilli with TVP. £3.85 per

portion

Hot and spicy

Ingredients: TVP, red kidney beans, spices, tomato puree, tomatoes, onions, olive oil.

All Main courses can be prepared in larger quantities for family meals or parties.

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Salads £1.60 per portion - including dressing.

 Alfalfa, beetroot and spinach.

 Beetroot, celery and orange.

 Tomato, red onion and basil.

 Mixed green leaf.


 Coleslaw.

 Potato salad.

Desserts

 Flap jack £1.10 per portion

Ingredients: Rolled oats, honey and brown sugar.

 Mixed fruit salad with honey and fresh orange juice. £1.60 per portion

 Apple crumble £1.50 per portion

Tasty and traditional

Ingredients: apple, flour, margarine, sugar and a hint of nutmeg (optional).


Children/Light meals

 Bubble and squeak. £1.50 per portion

Ingredients: savoy cabbage, potatoes, leeks and tofu.

 Chick pea burgers. £1.50 per portion


Ingredients: chick peas, spring onion, soya yogurt, tomato puree, soya sauce, herbs, wholemeal breadcrumbs and wholemeal flour.

 Spicy veg and tofu burgers. £1.50 per portion

Ingredients: Spinach, leek, mushrooms, wholemeal breadcrumbs, tofu, herbs and spices.

 Individual homity pies*. £1.95 per portion

Ingredients: potatoes, onion, a little garlic, milk and some cheese in a pastry case, parsley.

 Individual cheese or cheese & onion pies or cheese & tomato flans*. £1.95 per portion


Ingredients: cheese, eggs, milk and thinly sliced onion or tomato in a pastry case. (brown or white pastry)


 Mushroom pate. £1.50 per portion


Ingredients: Mushrooms, wholemeal bread crumbs, home made stock.


***Can be made in larger sizes for family meals if required.**

Key to Menu

 Suitable for vegetarians, vegans, coeliacs and nut allergy sufferers.

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 **NOT suitable for coeliacs or vegans**
Ask about suitability of replacing cheese with tofu/tvp. Wheat flour with corn or maize flour.


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Buffet and party menu on request.

Christmas menu alternatives available -
Order by 10th December