

# VEGETARIAN & VEGAN

See our breakfast menu for our veggie and vegan options - served before 12pm

## SMALL PLATES

**GARLIC BREADED MUSHROOMS (V)**

With garlic mayo

**MARGHERITA ARANCINI (V)**

Crispy coated rice balls, filled with red pepper, tomato and cheese, served with peri-peri mayo

**VEG GYOZA (VG-M)**

Japanese-style dumplings glazed with sweet chilli sauce and toasted sesame seeds

**SOFT TACOS**

With your choice of filling:

**Pulled BBQ jackfruit (VG) or Smokin' BBQ soya (VG)**

**Available after 4pm!**

**BREAD AND OLIVES (V)**

## BURGERS

**MEAT-LESS BURGER (V)\***

Moving Mountains® or Louisiana Chick'n™ plant-based burger, layered with red pepper & sesame houmous, vegan soya crumb, spinach and smokin' BBQ soya with a burger cheese slice in a sesame seed beetroot bun – served with boozy Bloody Mary dip and topped nachos

**Swap burger cheese slice to fake cheeze to make VG**

### TOP YOUR BURGER

**CHEESE SLICE (V)**

**FRIED EGG (V)**

**JALAPEÑOS (VG)**

**MUSHROOMS (VG)**

**BEER-BATTERED ONION RINGS (V-M)**

**HALLOUMI (V)**

**SMOKIN' BBQ SOYA (VG)**

## TOSTADAS

**Available before 4pm!**

**BBQ JACKFRUIT (VG)**

With fake cheeze, peppers, onion, vegan mayo and vegan soya crumb

**HOW DO YOU LIKE YOUR SARNIE? WHITE OR MULTISEED SUB OR A WHEATBRAN WRAP – ALL SERVED WITH FRIES**

## SUBS & WRAPS

**Available before 4pm!**

**HALLOUMI AND AVO (V)**

With mayo

## OPEN SANDWICHES

**Available before 4pm!**

**RED PEPPER & SESAME HOUMOUS (V)**

With quinoa, chickpea & butternut squash salad, avocado, slow-roasted tomatoes and olives. Swap fries to topped nachos to make VG

## TO SHARE

**CHEESY NACHOS (V)**

With guacamole, tomato salsa, sour cream and jalapeños

**SMOKIN' BBQ SOYA NACHOS (VG)**

With fake cheeze, guacamole, tomato salsa, vegan mayo and jalapeños

**Available after 4pm!**

**A BIT OF GNOCCHI (V-M)**

Gnocchi in a gooey cheese sauce with beer-battered onion rings, bread rocks, crudités and a selection of dips

**VEGAN FEAST WITH FRIENDS (VG)**

Smokin' BBQ soya tacos, baked falafel bites, pulled BBQ jackfruit sliders, mac 'n' cheeze topped with vegan soya crumb, red pepper & sesame houmous, crudités, olives and topped nachos

## MAINS

**BATTERED HALLOUMI AND CHIPS (V)**

With tartare sauce and your choice of peas or mushy peas

**MAC 'N' CHEEZE (VG)**

Made with fake cheeze, topped with a vegan soya crumb and BBQ sauce and served with bread rocks and side salad.

**Swap your bread rocks for garlic tiger bread (V)**

**VEG THAI CURRY (VG)**

With basmati or cauliflower rice

**Available after 4pm!**

**BUTTERNUT SQUASH TAGINE (VG)**

Served with cauliflower rice

## GUILT FREE

**SUPER MIXED SALAD (VG)**

Mixed leaves tossed in a lemon & olive oil dressing with cucumber, onion, avocado, peppers, soya beans and tomatoes, finished with omega and sesame seeds

**THE POWER BOWL (VG)**

Seasonal mixed leaves, baby spinach, pea shoots, peas, omega seeds and sesame, kale & chickpea salad, tomatoes, gherkin, broccoli, pomegranate seeds, avo and almond pesto

**Dishes with this symbol are under 600 Calories – excluding toppers**

*Under 600 Calories*

## SIDES

**REGAL FRIES**

Smokin' BBQ soya and Italian hard cheese (V)

**FRIES AND GARLIC MAYO (V)**

**CHIPS AND GARLIC MAYO (V)**

**SWEET POTATO FRIES AND GARLIC MAYO (V)**

**GARLIC TIGER BREAD STRIPS (V)**

**BUTTERY MASH (V)**

**SIDE SALAD (VG)**

Mixed leaves with a lemon & olive oil dressing, cucumber, onion, avocado, peppers, soya beans and tomatoes, finished with omega and sesame seeds

**BEER-BATTERED ONION RINGS (V-M)**

**GLAZED SEASONAL VEG (V)**

## DESSERTS

**BOOZY BAILEYS PROFITEROLES (V)**

**SALTED CARAMEL IRISH CREAM & VODKA MARTINI BITES (V)**

**WARM MINI CHURROS (V-M)**

With caramel and chocolate dipping sauces

**WARM BROWNIE BITES (V)**

**PORNSTAR ETON MESS (V)**

Mini shots of layered whipped cream, meringue and a Prosecco, vodka, mango & passion fruit compote

**LIMONCELLO DRIZZLE SPONGE (V)**

**CHERRY BROWNIE CHEESECAKE (VG-M)**

*Contains almond milk*

**Do you have any allergies?** Please inform staff of any allergies, before placing your order, even if you have eaten a dish before, as ingredients can change and menus do not list all ingredients. Full allergen information is available for all food and drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks.

**While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination.** All vegan cheese used in our dishes is non-dairy. Fish and poultry dishes may contain bones. All weights are approximate uncooked.

**(V)** Suitable for vegetarians. **(VG)** Suitable for vegans. **(VG-M)** Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. **(V-M)** Made with veggie ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. **To view our allergen info use this QR code.**

