


# VEGAN TO START

NOCELLARA OLIVES • 2.95

GOURMET SOUP OF THE DAY served with ciabatta, olive oil and balsamic vinegar • 6.50

 PAN-FRIED PARIS BROWN & OYSTER MUSHROOMS with basil pesto, on a toasted sourdough crumpet • 6.95

---

## MAINS

MEZZE FLATBREAD creamy hummus base, topped with roasted chickpeas, Greek-style salad, seeds, avocado and rocket. Served with a side salad. • 8.95

ROASTED CAULIFLOWER WEDGE on a bed of creamy hummus, grains and toasted pumpkin seeds, topped with dressed watercress and fresh pomegranate • 13.25

PLANT-BASED BURGER in a seeded bun with lettuce, tomato, pickle and slow-roasted tomato tapenade.

*Served with a house salad and pickles on the side.* • 13.95

 SPICED COCONUT CURRY with aubergine, broccoli, sticky jasmine rice and a scorched red chilli • 12.95

NOURISH BOWL lentils, quinoa & crispy chickpeas, avocado, roasted cauliflower, ribbons of carrot & mooli, watercress and a slow-roasted tomato toast • 10.95

**Add: Falafel** • 2.50

## SIDES

Tenderstem broccoli, asparagus & green beans • 3.95 • Dressed house salad • 3.75


---

## DESSERTS

**Our vanilla ice cream alternative is made vegan using coconut oil by our friends at Jude's**

PLUM, APPLE & DAMSON CRUMBLE topped with a Demerara crumb, served with vanilla soya custard or vegan vanilla ice cream alternative • 6.50

SALTED CARAMEL BILLIONAIRES BAR chocolate chip cookie base, salted caramel and dark chocolate ganache, served with vegan vanilla ice cream alternative • 6.95

 WARM LEMON, BLUEBERRY & POLENTA CAKE with Herefordshire blackcurrants and soya vanilla custard or vegan vanilla ice cream alternative • 6.95

VEGAN ICE CREAM ALTERNATIVE OR SORBET Choose three scoops from blood orange sorbet, coconut milk sorbet or vegan vanilla ice cream alternative, served with fresh berries • 5.95

### ALLERGEN & DIETARY INFORMATION

Our easy to use allergen guide is available on the food section of our website or the 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 before ordering.

All items on this menu are made with vegan ingredients. However some of our preparation and cooking methods could affect this. Some of our dishes contain alcohol. All items are subject to availability. If you require more information, please ask your server. Please note an optional 10% service charge will be added to the bill for tables of 6 or more.