



# Pure Vegan

TRY SOMETHING  
NEW TODAY

Vegan Main Dishes  
From £8.95

Available Monday – Sunday  
From 12pm

# Vegan Menu

## To nibble and share

NOCELLARA OLIVES £2.95

MEZZE PLATTER Roasted lentil falafels, beetroot hummus with omega seed sprinkle, miso sesame aubergine, Lebanese-style dip, spiralsised carrot salad, coconut tzatziki and flatbread £13.50

## STARTERS

HOMEMADE SOUP OF THE DAY with toasted ciabatta, olive oil and balsamic vinegar £6.50

ROASTED LENTIL FALAFEL on beetroot hummus with Lebanese-style dip and ciabatta £6.95

PAN-FRIED OYSTER MUSHROOMS with spring onions and garlic, served with a soy, lime & ginger dip and a rice-paper cracker £6.95

## MAINS

MEZZE FLATBREAD Beetroot hummus base, topped with roasted chickpeas, Greek-style salad, seeds, avocado and rocket. Served with a house salad £8.95

SLOW-ROASTED TOMATO & ALMOND BAKE topped with beetroot, carrot, spinach and roasted celeriac £12.95

MOROCCAN-INSPIRED CAULIFLOWER TART in a kale & thyme pastry case, with a baby spinach & leek base, topped with seeds and a herb dressing, served with a slow-roasted tomato sauce £12.95

PLANT-BASED BURGER served in a sesame seeded bun with coconut tzatziki, slow-roasted tomato sauce, lettuce and house salad £13.95

SPICED COCONUT CURRY served with miso sesame aubergine, broccoli, a scorched red chilli and sticky Jasmine rice £12.75

WHOLEFOOD SALAD with leaves, roasted vegetables, broccoli, avocado, seeds and a pineapple, lemongrass & ginger dressing £10.50 *Add roasted lentil falafel* £3.00

## DESSERTS

*Our creamy and indulgent vegan vanilla ice cream is made using coconut oil, by our friends at Jude's.*

APPLE, PLUM & DAMSON CRUMBLE topped with a Demerara crumb, served with vanilla soya custard or vegan vanilla ice cream £6.25

SALTED CARAMEL BILLIONAIRES BAR Chocolate chip cookie base, salted caramel and dark chocolate ganache, served with vegan vanilla ice cream £6.50

WARM BLUEBERRY & ALMOND POLENTA CAKE with Herefordshire blackcurrants and soya vanilla custard or vegan vanilla ice cream £6.95

BLACKCURRANT MOUSSE on a biscuit base, served with crushed mango and fresh strawberries £6.95

VEGAN ICE CREAM OR SORBET Choose three scoops from blood orange sorbet, coconut milk sorbet or vegan vanilla ice cream, served with fresh berries £5.75

## SIDES

Tenderstem broccoli, asparagus & green beans in a soy glaze £3.95

Dressed house salad £3.50

### 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.**