



APPETISERS

STONEBAKED GARLIC PIZZA BREAD **ve** 910 Kcal 6.75
with **TOMATO** **ve** 918 Kcal 7.95
with **VEGAN GRATED CHEESE** **ve** 1090 Kcal 8.50
with **1/2 VEGAN GRATED CHEESE**
& **1/2 TOMATO** **ve** 1008 Kcal 8.95

MIXED OLIVES **ve** 108 Kcal 3.95

STARTERS

SPICED FALAFEL **ve** 8.25
Served with carrot, orange & raisin salad,
hummus, and toasted pitta 532 Kcal

GRILLED PITTA with HUMMUS
& **GARLIC INFUSED OIL** **ve** 786 Kcal 5.95

GARLIC MUSHROOMS **ve** 7.95
Sautéed chestnut, oyster & flat mushrooms with garlic,
lemon & parsley on toasted bloomer with pea shoots 238 Kcal

SIDES

SKIN-ON FRIES **ve** 356 Kcal 4.25

TENDERSTEM® BROCCOLI, GARLIC,
CHILLI & TOASTED ALMONDS **ve** 54 Kcal 4.75

ROAST MEDITERRANEAN-STYLE
VEGETABLES **ve** 102 Kcal 5.25

SAUTÉED GREEN BEANS **ve** 77 Kcal 5.25

MAIN COURSES

ROASTED MEDITERRANEAN-STYLE
VEGETABLE LINGUINE **ve** 15.95
Roasted Mediterranean-style vegetables in a garlic,
chilli & tomato sauce 519 Kcal

MARGHERITA PIZZA **ve** 13.50
Tomato, vegan grated cheese, fresh basil 758 Kcal

VEGETABLE PAELLA **^ ve** 16.95
Artichoke, courgette, aubergine and tomato,
mixed peppers & peas 760 Kcal

COURGETTE & SWEETCORN FRITTERS * **ve** 17.95
Homemade fritters with chilli, cumin & coriander, carrot,
raisin & orange salad, hummus & apricot harissa 573 Kcal

MOROCCAN-STYLE FALAFEL **ve** 17.95
Spiced vegetables, cous cous, pickled red onions & flaked
almonds with toasted pitta bread & hummus 1446 Kcal

CARAMELISED ONION & ROASTED PEPPER PIZZA * **ve** 13.95
Roasted & roquito® peppers, with caramelised onions,
vegan grated cheese, tomato & fresh rocket 891 Kcal

DESSERTS

RASPBERRY & ALMOND FRANGIPANE TART **ve n** 7.75
Served with vegan vanilla ice cream
& raspberry coulis 456 Kcal

FRESH FRUIT SALAD **ve** 6.50
Strawberries, raspberries, apple & oranges 134 Kcal

JUDE'S FARM VEGAN ICE CREAM **ve** 7.25
Choice of 3 scoops of vanilla 381 Kcal or chocolate 462 Kcal

JUDE'S FARM SORBET **ve** 7.25
Choice of 3 scoops of mango 74 Kcal,
raspberry 68 Kcal or blood orange sorbet 84 Kcal

DIETARY 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, or you require our allergen information, please let us know before ordering. All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. 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, or need help accessing our allergen information, please let us know before 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. **n** = this dish contains nuts. * = this dish contains alcohol.

^ = paellas are not suitable for children.

Fish dishes may contain small bones. Weights stated are approximate uncooked weights. Live nutrition information is available online. All items are subject to availability. Due to the presence of nuts in some products, there is a small possibility that nut traces may be found in any of our menu items.

For parties of 8 or more, a discretionary 10% service charge will be added to the bill.