



THE
MEYNELL INGRAM
ARMS

VEGAN

ROOT VEGETABLE CRISPS

3.50

MARINATED OLIVES &
SUN BLUSHED TOMATOES

3.00

ROAST PROVENCAL
VEGETABLES, AGAVE SYRUP

Cumin & fig couscous, olive dressing

5.25/10.30

ASIAN SALAD BOWL

Spicy chickpeas, tofu, quinoa,
roasted sweet potato, mouli,
carrot & garden radishes,
tahini & turmeric dressing

9.50

CUMIN ROASTED
CAULIFLOWER, CHICKPEAS,
TOMATO & SPINACH

Coconut & coriander dhal

6.10/12.00

THAI SPICED NOODLES,
COCONUT & TOFU

Chilli, garlic, ginger, spring onion, coriander

5.50/10.90

MEXICAN SALAD BOWL

Spicy black beans, lentils & quinoa,
tomato salsa, avocado, lime,
tortilla chips

9.50

HOUSE CHIPS SKINNY FRIES NEW POTATOES SWEET POTATO FRIES GREENS GREEN SALAD MIXED SALAD

ALL 3.00

DARK CHOCOLATE MOUSSE

Mango, orange, passion fruit

5.90

TROPICAL FRUIT SALSA

Raspberry sorbet

5.90

STICKY TOFFEE PUDDING

Vegan vanilla ice cream

5.90

v - vegetarian, gf - gluten free, df - dairy free, ve - vegan, gfo - gluten free option

Nuts, allergies and dietary requirements: We regret we cannot guarantee any of our food is totally nut free. Some of our dishes contain nuts and other dishes may contain nuts or nut traces. If you have any allergies or special dietary requirements please consult a member of staff and ask to see our recipe book detailing all the ingredients we use in our dishes.

If you are in any doubt, please select another dish from our menu.