



THE
MEYNELL INGRAM
ARMS

VEGAN MENU

TO BEGIN

NIBBLES

HERITAGE VEGETABLE CRISPS ^(GFO)	2.90	GARLIC FLATBREAD <i>aioli</i> ^(V)	3.90
MISTOLVA OLIVES ^(GFO)	3.00	BEETROOT HUMMUS <i>flatbread</i> ^(GFO)	3.90
ROSEMARY FOCACCIA <i>salted butter</i> ^(GFO)	3.50		

STARTERS

TOMATO & RED ONION BRUSCHETTA ^(GFO)	7	SMASHED AVOCADO ^(GFO)	7
<i>endive, radish, lemon</i>		<i>grilled tomato, fried bread</i>	
SAUTÉED KING OYSTER MUSHROOMS ^(GFO)	7	TEMPURA WHITE ASPARAGUS	7.5
<i>toasted focaccia, watercress, pinenuts</i>		<i>Japanese sauce, radish, chilli, spring onion, chilli</i>	
WALDORF SALAD ^(GFO)	7.5	VEGAN RAREBIT ^(GFO)	7
<i>apple, celery, grapes, leaf, walnuts</i>		<i>seasonal chutney, endive, caper dressing</i>	

MAINS

THE HIPPIE.....	10.90	VEGAN SAUSAGE & MASH	9.20
<i>vegan cheese, tofu, avocado, red peppers, red onions, rocket, tomato sauce, balsamic glaze</i>		<i>seasonal greens</i>	
CLASSIC MARGARITA.....	8.90	PORTOBELLO & FIRE ROASTED PEPPER BURGER ^(GFO)	12.50
<i>homemade tomato sauce, mozzarella</i>		<i>ciabatta, leaf, fries</i>	
NUT ROAST TERRINE.....	11	TOFU FISH & CHIPS ^(GFO)	12.90
<i>butternut squash, risotto, sprouts, sage</i>		<i>twice cooked chips, minted peas, lemon</i>	
THE MEYNELL ROOT VEGETABLE POT PIE.....	12.90	CAULIFLOWER STEAK ^(GFO)	12.50
<i>twice cooked chips, seasonal greens, onion gravy</i>		<i>sag aloo, Jasmine rice, crispy spinach</i>	

SIDES

HAND CUT CHIPS ^(GFO)
SWEET POTATO FRIES ^(GFO)

SKINNY FRIES ^(GFO)
ALL 3.50

SEASONAL VEGETABLES ^(GFO)
MIXED LEAF SALAD ^(GFO)

TO FINISH

FRUITS SALAD ^(GFO)	7	AFREGATO ^(GFO)	5.5
<i>not your normal fruit salad</i>		<i>vanilla ice cream, espresso</i>	
STICKY DATE PUDDING	5.5	FRUIT CRUMBLE	6
<i>vanilla ice cream</i>		<i>topped with granola, raspberry textures</i>	
SELECTION OF SORBETS ^(GFO)	4		