



THE
MEYNELL INGRAM
ARMS

VEGAN MENU

TO BEGIN

NIBBLES

- SUN BLUSHED TOMATOES & OLIVES ^(GF) 3.50 RED PEPPER HUMMUS, WARM PITTA BREAD ^(GFC) .. 3.90
 BAKED SOUR DOUGH OLIVE OIL ^(DF) 3.50/4.50
 & BALSAMIC

STARTERS

- SOUP OF THE DAY ^(GFC) 4.90 TANDOORI CHICKPEAS ^{(GF)(DF)} 5.90
 sour dough bread coconut & lentil dhal, pickled mouli & carrots, coriander oil
 HERITAGE TOMATOES & AVOCADO ^(GFC) 5.50 VEGGIE PLATTER ^{(DF)(GFC)} 15.90
 herb croutes, balsamic dressing chargrilled aubergine & courgettes, spiced chick peas & smoked
 WATERMELON, CUCUMBER ^{(GF)(DF)} 5.50 tofu, roasted red peppers, marinated artichokes, olives & sun blush
 & STRAWBERRY SALAD tomatoes, red pepper hummus, quinoa, avocado, tender stem broccoli,
 lime & mint dressing warm pitta bread

MAINS

- THAI MASSAMAN CURRIED NOODLES ^(DF) 11.90 ROASTED SPICED CAULIFLOWER STEAK ^{(GF)(DF)} ... 12.90
 coconut, ginger, garlic, lime, coriander, spinach, smoked tofu,
 mushrooms, tender stem broccoli, soya beans warm tomato, chickpea & onion salsa
 BLACKBEAN, CHICKPEA, SMOKED TOFU ^{(DF)(GFC)} .. 10.90 SUPERFOOD SALAD ^{(GF)(DF)} 10.90
 OAT & RICE BURGER Tender stem broccoli, soya beans, avocado, quinoa, spinach,
 sour dough bun, chipotle mayo, house chips or fries watermelon, seasonal leaves, brown rice, citrus DRESSING

SIDES

- HOUSE CHIPS ^(GFC) SKINNY FRIES ^(GFC) SEASONAL VEGETABLES ^(GFC)
 SWEET POTATO FRIES All 3.50 HOUSE SALAD ^(GFC)

TO FINISH

- CHOCOLATE MOUSSE ^{(GF)(DF)} 6.50 APPLE, CINNAMON, SULTANA ^{(GF)(DF)} 5.90
 granola, raspberry compote CRUMBLE
 TROPICAL FRUIT SALAD ^{(GF)(DF)} 5.90 vanilla ice cream
 raspberry sorbet

For any guests with dietary requirements please specify as the gluten free & dairy free dishes need modifying for any allergy related intolerances you may have. The Meynell Ingram Arms will not accept any responsibility if you have not informed us of your dietary needs or intolerances.