



THE
MEYNELL INGRAM
ARMS

VEGAN MENU

TO BEGIN

NIBBLES

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

STARTERS

- SOUP OF THE DAY ^(GF) 4.90 TANDOORI CHICKPEAS ^{(GF)(DF)} 5.90
 sourdough bread coconut & lentil dhal, pickled mouli & carrots, coriander oil
 CHICORY, BEETROOT, WALNUT VEGGIE PLATTER ^{(DF)(GFO)} 15.90
 & PEAR SALAD ^(GFO) 5.50 chargrilled aubergine & courgettes, spiced chickpeas & smoked tofu,
 aged balsamic roasted red peppers, marinated artichokes, olives & sunblush toma-
 WARM MEDITERRANEAN VEGETABLE toes, red pepper hummus, quinoa, avocado, tenderstem broccoli,
 & SOURDOUGH BRUSCHETTA ^{(GF)(DF)} 5.50 warm pitta bread
 rocket pesto

MAINS

- THAI MASSAMAN CURRIED NOODLES ^(DF) 11.90 ROASTED CUMIN CRUSTED
 coconut, ginger, garlic, lime, coriander, spinach, smoked tofu, CAULIFLOWER STEAK ^{(V)(DF)(GF)} 12.90
 mushrooms, tenderstem broccoli, soya beans chickpea & apricot pilau rice, smoked almond dukkah
 BLACKBEAN, CHICKPEA, SMOKED TOFU ^{(DF)(GFO)} .. 10.90 SUPERFOOD SALAD ^{(GF)(DF)} 10.90
 OAT & RICE BURGER tenderstem broccoli, soya beans, avocado, quinoa, spinach,
 sourdough bun, chipotle mayo, house chips or fries watermelon, seasonal leaves, brown rice, citrus dressing

SIDES

HOUSE CHIPS ^(GFO)
 SWEET POTATO FRIES

SKINNY FRIES ^(GFO)
 All 3.50

SEASONAL VEGETABLES ^(GFO)
 HOUSE SALAD ^(GFO)

TO FINISH

- CHOCOLATE MOUSSE ^{(GF)(DF)} 6.50 APPLE, CINNAMON, SULTANA ^{(GF)(DF)(GFO)} 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.