



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 SOURDOUGH OLIVE OIL (GFC) 3.50/4.90
 & BALSAMIC

STARTERS

- HOMEMADE SOUP OF THE DAY (GFC) 4.90 SUPERFOOD SALAD (GF) 6.90
 sourdough bread tenderstem broccoli, soya beans, quinoa, avocado, toasted pumpkin
 seeds, dried cranberries, golden raisins & radishes, seasonal leaves,
 citrus dressing
 ROASTED BEETROOT, WATERCRESS, WALNUT CHICKPEA PAKORAS..... 6.50
 & APPLE SALAD (GF) 5.50 mint coconut yoghurt, pickled carrot & mouli
 aged balsamic dressing

MAINS

- LIGURIA LINGUINI.....12.50 BUTTERNUT SQUASH, CHICKPEA
 roasted red peppers, basil, sunblushed tomatoes, olives, capers & SWEET POTATO TAGINE (GF)13.50
 THAI STYLE ORGANIC TOFU, MUSHROOM lemon & herb couscous
 & SPINACH CURRY (GF)12.50
 steamed rice

SIDES

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

TO FINISH

- WARM CHOCOLATE BROWNIE (GFC)6.50 STICKY TOFFEE PUDDING 6.50
 vanilla ice cream vegan vanilla ice cream

Nuts, allergies and dietary requirements: We regret we cannot guarantee that any of our food is totally nut-free or suitable for those with other allergies due to cross-contamination within the kitchen. Some of our dishes contain nuts, and others may contain nuts or nut traces. If you have any allergies or special dietary requirements, please consult a staff member. They can provide you with information on which of the 14 declarable allergens we knowingly use in each dish.

(DF) Dairy Free (DFC) Dairy Free Option (GF) Gluten Free (GFC) Gluten Free Option