



THE  
MEYNELL INGRAM  
ARMS

## VEGAN MENU

### TO BEGIN

#### NIBBLES

- SUN BLUSHED TOMATOES & OLIVES (GF) .....3.50    BEETROOT HUMMUS, WARM PITTA BREAD (GFC).....3.90  
BAKED SOURDOUGH OLIVE OIL (GFC) ..... 3.50/4.90  
& BALSAMIC

#### STARTERS

- HOMEMADE SOUP OF THE DAY (GFC) ..... 5.50    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, CHICORY, WALNUT  
& APPLE SALAD (GF) ..... 5.90  
aged balsamic dressing    CHICKPEA PAKORAS..... 6.50  
mint coconut yoghurt, pickled carrot & mouli

### MAINS

- LIGURIA LINGUINI.....12.50    THAI MASSAMAN CURRY WITH RICE (GFC)(DF)(VE) ..... 12.50  
roasted red peppers, basil, sunblushed tomatoes, olives, capers    organic tofu & mushrooms, coconut, chilli, garlic, lime, ginger,  
coriander  
ROASTED SPICED CAULIFLOWER STEAK (GF)(VE) ...12.50  
chickpeas, spinach, tomatoes, crispy fried shallots

#### SIDES

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

### TO FINISH

- WARM CHOCOLATE BROWNIE (GF) .....6.50    TROPICAL FRUIT SALAD .....6.90  
vanilla ice cream    raspberry sorbet

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