



# Vegan Menu 2019

We are very new to providing vegan food so this menu will grow and grow over time!

Any ideas for new items we can add much appreciated!

Please do ask for details on ingredients/allergens so we can check for you.

## Traditional Breakfast

### Full Breakfast

2 "sausage"

(Soya or soya GF, soya free coming soon!)

Tinned or fresh tomato

Mushrooms

Hash brown

Beans

2 slices brown or white toast with

soya free vegan spread

Or

A Staffordshire Oatcake

£5.95

GF option available + 50p

### Toast

£1.75

Soya free vegan spread

Add jam or

marmalade 25p

GF +25p

### Porridge

With soya or Oatly milk

£2.50

Add jam or

marmalade 25p

### Oatcakes

2 fillings (see full breakfast options)

Vegan Cheese available too!

£4.50

GF oatcakes available + 50p

### Baps & Sandwiches

(See full breakfast option list

Vegan Cheese also available)

1 fill £3.00, 1 fill £3.50, 3 fill £4.00

GF bun available +50p

GF bread available + 25p

## Main Meals

### Thai Edamame Burger

Thai spiced mixed bean and vegetable burger

served in a brown or white bap

£5.95

with salad add chips, jacket potato or rice £1.25

### Three Bean Smoky Chilli

smokey tomato sauce with peppers & mixed beans

£5.95

with salad add chips, rice or jacket potato £1.25

### Salad Bowl GF

Fresh mixed salad

£5.65

### Penang Veg Curry GF

Mixed veg in a Thai style peanut and coconut sauce

£5.95

with salad add chips, jacket potato or rice £1.25

### Med Veg Timbale OR Coronation Cauliflower Timbale GF

Rice based casserole with either mixed med Veg and tomato or a mildly curried cauliflower sauce

£5.95

with salad add chips, jacket potato or rice £1.25

### Mediterranean Roast Vegetables GF

Peppers, onions and aubergine roasted with seasoned oil

£5.95

with salad add chips, jacket potato or rice £1.25

### Falafel of the Day!

Falafel served with salad

£5.95

Add chips, jacket potato or rice £1.25

**Don't forget to let us  
know your thoughts on  
this new version of the menu!**



# Vegan Menu 2019 Continued!

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## Sandwiches

Good old hummus!

Served on a brown or white bap, brown or white sandwich or wrap with a crisp side salad and crisps

£5.25

GF bread or wraps available +25p

GF bun +50p

Vegan Cheese

Served on a brown or white bap, brown or white sandwich or wrap with side salad and crisps

£5.25

GF bread or wraps available +25p

GF bun +50p

## Soup

Rustic Italian Veg GF

£4.25

GF bread +25p

GF bun +50p

Our homemade soups are often vegan, please do check with the team what today's option is.

## Sides

Chips £2.25

Vegan Mayonnaise 50p

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## Vegan Afternoon Tea

£10 per person

Pre booking essential please

Scones with jam & coconut cream

Homemade Cakes Selection  
Lemon Drizzle  
Chocolate & Raspberry Cupcake  
Ginger Iced Cupcake  
Chocolate & Cherry Flapjack

Savoury Selection  
Chickpea & Beetroot Falafel  
Humous and Rocket  
Coconut Curried Grain Wrap  
Mediterranean Roast Veg Pitta

Sides  
Crisps  
Coleslaw

Can be served alongside our Standard tea or GF tea.  
GF vegan tea can be arranged if you let us know what options you would like instead of scones/cakes.  
We're still practising our GF AND Vegan baking!