



VEGAN MENU

STARTERS

Refreshing melon salad €8

Spicy melon salad with fresh ginger, lime and coriander, garnished with an Italian breadstick. **Contains G**

Garlic bread with kale pesto €6

Grilled sourdough bread with fresh homemade kale pesto and mixed baby leaves. **Contains G N**

Roquito peppers and olives €8

Italian green olives served with sweet roquito peppers and flat bread. **Contains G**

Avocado caprese salad €7

Beefsteak tomatoes with avocado and fresh basil, served with extra virgin olive oil, vegan cheese and balsamic drizzle. **Contains G SP**

Beetroot carpaccio €8

Beetroot with oranges, red grapes, roasted pistachios, rocket, cheese and our special house dressing. **Contains N SP**

MAIN COURSES

Superfood salad €13

Baby spinach, beetroot, avocado, roasted butternut squash, lentils, artichoke hearts, pine nuts, tomatoes and our special house green dressing. **Contains N SP**

Lentil spaghetti bolognese €13

Spaghetti pasta with a rich lentil 'Bolognese' sauce, topped with fresh cherry tomatoes and cheese. **Contains G**

Tofu and veggie skewers €14

Baked tofu with red peppers, aubergine, courgette and tomatoes. Served with roast baby potatoes and mixed baby leaves. **Contains S**

Pasta Italiana €14

Penne pasta with kale pesto, black olives, cherry tomatoes, mixed baby leaves and cheese.
Contains G N

Spaghetti Pomodoro €12

Spaghetti with Napoli tomato sauce, cherry tomatoes and basil. **Contains G**

Vegan Mediterranean pizza €17

Made with our own homemade pizza bases and in-house tomato sauce, topped with cheese and grilled red peppers, aubergines, courgettes and fresh basil. **Contains G**

DESSERTS

Fruit salad €8

Oranges, grapes, apples, melon, strawberries, blueberries, passion fruit, pomegranate seeds

Sorbet €8

Coconut or lemon sorbet.

All 14 allergens are openly used throughout our kitchen and trace amounts may be present at all stages of cooking.

Gluten = G

Nuts = N

Sesame Seeds = SS

Lupin = L

Peanuts = P

Milk = MK

Mustard = M

Soybeans = S

Eggs = E

Celery = CY

Crustaceans = C

Fish = F

Molluscs = ML

Sulphites = SP