

-VEGAN- MENU

The meals on this menu are all made from vegan ingredients. If you have an allergy or intolerance, please speak to a member of staff before you order your food and drinks. Full allergen information is available at ROTISERIE.MARSTONS.CO.UK

GRAZERS

Let loose your creative side and craft your ideal collection of grazers.

ANY 3 FOR £7.95
5 FOR £11.45

MIXED KEFALONIA PITTED OLIVES (VE)

CHIP SHOP BITES (VE)*

Pea and potatoes in a crispy cider vinegar batter with mint sauce dip.

BUFFALO CAULIFLOWER WINGS (VE)*

Florets of cauliflower in a crisp BBQ coating served with a kickin' Buffalo sauce.



APPETISERS

TODAY'S SOUP (VE)

With rustic bread.

£2.95

CRISPY POTATO SKINS (VE)*

Topped with BBQ Jackfruit. Served with mixed leaves and smoked BBQ sauce dip.

£3.95

SHARER

BEER BATTERED ONION RINGS (VE)*

With smoked BBQ sauce.

£3.25

SALADS

We start with mixed leaves, red onion, cherry tomato, carrot spirals and a drizzle of olive oil, the rest is over to you! Simply select your star from option 1, then add one from option 2 and 3 for free!*

1 SELECT YOUR STAR...

AVOCADO AND CHERRY TOMATO (VE)

Under 300 Cals

£8.25

BUFFALO CAULIFLOWER WINGS (VE)*

Under 250 Cals

£8.25

2 ADD ONE OF THESE FOR FREE*

LIME AND CORIANDER RICE (VE)

Under 350 Cals

GIANT SPICED COUSCOUS (VE)

Under 500 Cals

GARLIC CIABATTA (VE)

Under 250 Cals

SWEETCORN SALSA (VE)*

Under 100 Cals

3 AND THEN ANOTHER ONE FOR FREE*

THAI SWEET CHILLI 'SLAW (VE)*

Under 150 Cals

ROASTED BEETROOT (VE)

Under 150 Cals

MIXED OLIVES (VE)

Under 200 Cals

ROASTED VEGETABLES (VE)

Under 100 Cals

*only as part of one of our salad combinations

- VEGAN MENU -

BURGERS

All our burgers are stacked in a toasted sesame seed bun, with lettuce and sliced beef tomato. Served with chips, beer battered onion rings and Thai sweet chilli 'slaw, unless otherwise stated.

**GO XL
AND DOUBLE UP**
Your burger will come with
an extra soya burger

**UPGRADE
YOUR CHIPS (VE)***
to Sweet Potato Fries (Ve)*
£1.00

**CLASSIC SOYA
BURGER (VE)*** £7.95 **XL £9.45**

THE JACK (VE)* 🌱 **£9.45** **XL £11.95**
Moving mountains™ plant based burger,
topped with BBQ jackfruit.

PUB FAVOURITES

If you'd like to swap your sides for either a different type of potato, vegetables or dressed side salad, just ask.

TIKKA MASALA (VE) £7.95
Pieces of plant-based protein in an aromatic masala sauce.
Served with lime and coriander rice and mango chutney.

**BUTTON MUSHROOM
BOURGUIGNON PIE (VE)*** £8.25
Herbed flecked vegan suet pastry with a rich button mushroom,
shallot and red wine filling topped with flaky puff pastry.
Served with chips, garden peas and carrots.

STUFFED RED PEPPER (VE)
REGULAR £8.45 **LIGHT BITE £5.75**
under 450 Cals under 250 Cals

Stuffed red pepper with a classic paella rice dish made with piquillo peppers, courgettes & butter beans flavoured with white wine, smoked paprika & finished with basil.
Served with a dressed side salad.

STREET KITCHEN

BURRITO (VE)* £7.95

Is it a burrito or is it an enchilada?
Whatever it is, it definitely tastes amazing!

A large flour tortilla filled with red peppers,
butternut squash, cannellini beans,
red kidney beans, black turtle beans,
lentils, pearl barley, pinto beans and quinoa
in a lightly spiced, smoky tomato sauce.

Rolled and topped with tomato salsa
and served with a side salad and chips.

**3 OF YOUR
5 A DAY**

**BUFFALO CAULIFLOWER
TACOS (VE)*** 🌱 **£8.45**

Soft flour tortillas with crispy BBQ cauliflower florets,
guacamole, salsa, jalapeños and spring onion. Served
with chips and corn on the cob.

SIDES

CHIPS (VE)* £1.95

SWEET POTATO FRIES (VE)* £2.95

GARLIC CIABATTA (VE) £2.00

HOUSE SALAD (VE) £1.45

ROASTED VEGETABLES (VE) £1.45

**THAI SWEET
CHILLI 'SLAW (VE)** 🌱 **£1.75**

**BEER BATTERED
ONION RINGS (VE)*** £1.75

DESSERTS

APPLE PIE (VE) £3.75

Sweet deep-dish Bramley apple pie, delicious hot or cold.
With Beechdean™ coconut based vegan vanilla
flavoured ice cream.

ICE CREAM SUNDAE (VE) £4.25

under 300 Cals
Three scoops of Beechdean™ coconut based
vanilla flavoured ice cream.

Photography is for illustrative purposes only. All food is prepared in kitchens where nuts, gluten and other allergens could be present and our menu descriptions cannot include all ingredients. If you have a food allergy please let us know before ordering. 1oz = 28.3g. All weights are approximate prior to cooking. (Ve) Suitable for vegetarians and vegans or vegetarian or vegan option available. (Ve)* We cannot guarantee that our vegetarian and vegan ingredients have been cooked in separate fryers from our meat lines. Please ask a member of staff for more information. Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces added by the customer. (Under 100/150/200/250/300/350/450/500) All dishes with these symbols state the calories they are less than. Portion sizes may vary slightly from those upon which the calorie calculations have been based, therefore values may not be identical or exact. Full allergen information is available at: rotisserie.marstons.co.uk www.marstonsinns.co.uk Book online. Eat well. Sleep well. www.marstons.co.uk Sign up to your favourite pub and be the first to hear about great offers and events.