

VEGAN MENU

IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE SPEAK TO A MEMBER OF THE TEAM BEFORE YOU ORDER YOUR FOOD & DRINK.
PLEASE VISIT NOMEAT.MARSTONS.CO.UK FOR FULL ALLERGEN INFORMATION. ALL DISHES & DRINKS FEATURED ON THIS MENU ARE SUITABLE FOR VEGANS.
PLEASE VISIT ALLERGYINFO.MARSTONS.CO.UK FOR FULL ALLERGEN INFORMATION

STARTERS & SHARERS

COUNTRY VEGETABLE SOUP £3.45

Served with rustic bread.

BUFFALO CAULIFLOWER WINGS £3.95

Florets of cauliflower coated in a smoky BBQ coating served with mixed leaves & a kickin' Buffalo sauce.

GARLIC DOUGH BALLS £2.95

Tossed in garlic & herb oil & served with BBQ sauce.

ADD MOZZARELLA STYLE CHEESE FOR £1.25 

GARLIC PIZZA BREAD £2.45

MOZZARELLA STYLE GARLIC PIZZA BREAD £2.95

ONION RINGS TO SHARE £3.65

Beer battered onion rings. Served with BBQ sauce.

PUB CLASSICS

BUFFALO CAULIFLOWER TACOS £7.45

Soft flour tortillas topped with BBQ cauliflower florets, sweet chilli coleslaw, shredded little gem lettuce & kickin' Buffalo sauce. Served with lime & coriander rice & corn on the cob.

BABY AUBERGINE, CAULIFLOWER & COCONUT CURRY £7.45

Roasted baby aubergine & red pepper with tender cauliflower in a traditional Burmese style coconut curry sauce flavoured with garlic, ginger, lemongrass & black sesame seeds. Served with rice & a side salad.





MOVING MOUNTAINS® BURGER £7.45 XL £8.95

All leaf no beef! The famous meat-like burger... made with plant protein, mushrooms, coconut oil & beetroot, herbs & spices. Topped with BBQ jackfruit and served with chips & sweet chilli coleslaw.

VEGETARIAN BURGER £6.75 XL £8.25

Chickpeas, roasted red peppers, aubergine, spinach & onion flavoured with harissa, garlic, parsley then coated in a panko style crumb. Finished with rocket & cool salsa and served with chips & sweet chilli coleslaw.

ADD MORE TASTY TOPPINGS TO ANY OF OUR BURGERS...

Jalapeños 	75p	Grilled flat mushroom 	75p
Fried onions 	75p	Sweet chilli coleslaw 	£1.50

PIZZA

WHOLE



Choose your favourite topping and enjoy it on one of our hand-stretched stone baked pizzas.

CALZONE



Hand-stretched pizza filled with your favourite toppings, folded in half and stone baked.

MARGHERITA £7.45

Mozzarella style cheese & sliced tomatoes.

MEDITERRANEAN £8.75

Mozzarella style cheese, red onion, sliced tomatoes, pepper & rocket.

SIDES

CHIPS £2.75

GARLIC & HERB PIZZA BREAD £2.45

HOUSE SALAD £2.00

GARLIC TENDERSTEM® BROCCOLI £2.25

GARLIC & HERB BABY POTATOES £1.25

SALAD



BUFFALO CAULIFLOWER SALAD £7.45

Under 300 Cals

Buffalo cauliflower wings in a kickin' Buffalo sauce with mixed leaves, red onion, tomato, cucumber, grated carrot, crispy onion bits & a drizzle of olive oil & balsamic vinegar.

CHOOSE YOUR SIDE

 Lime & Coriander Rice 

 Garlic & Herb Baby Potatoes 

Rustic Garlic Bread 

Naked - no accompaniment

DESSERTS

SIMPLY DELICIOUS £2.95



Three scoops of our vegan vanilla flavoured ice cream.

PRALINE CHOCOLATE TART £3.95

A rich dark chocolate torte, filled & finished with swirls of coconut milk & praline in a luxury nutty case. Served with vegan vanilla flavoured ice cream & chocolate sauce.

RHUBARB & GINGER PUDDING £3.75

Cookie crumb layered with chunks of rhubarb & topped with a gingerbread sponge, served warm with vegan vanilla flavoured ice cream.

All food is prepared in kitchens where nuts, gluten & other allergens could be present & our menu descriptions cannot include all ingredients. If you have a food allergy please let us know before ordering. Full allergen information is available.  Suitable for vegans.  We cannot guarantee that our vegetarian & vegan ingredients have been cooked in separate fryers from our meat lines. Please ask a member of staff for more information. Under 300/350 cal: 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. Moving Mountains® is a registered trademark of Ecozoine Limited.