

# VEGAN MENU

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 the bar or visit [allergyadvice.marstons.co.uk](http://allergyadvice.marstons.co.uk).

## Starters

UNDER  
300  
CAL

**Tomato Soup V £3.95**  
With hand-cut bread.



Veggie Lentil  
Chilli Nachos

## Grazers 3 for £10

**Smothered Potato Wedges V\* £3.95**

Tomato salsa and guacamole, finished with chives.

**Veggie Lentil Chilli Nachos V £3.95**

Tortilla chips topped with lentil, sweet potato and soy protein chilli, flavoured with Mexican spices. Finished with chives.

**BBQ Cauliflower Wings V\* £3.95**

Think chicken wings, but meat-free! Florets of cauliflower in a BBQ coating, tossed in a smoky BBQ sauce, topped with crispy onions and rocket.

## Mains

We've suggested our favourite accompaniments, but if you would prefer something else, just ask.

**Classic Veggie Burger V\* £6.75 XL £8.25**

A plant-based burger served in a tortilla wrap OR stacked in a toasted sesame seed bun, with lettuce and sliced tomato. Served with chips and sweet chilli 'slaw.

UNDER  
600  
CAL

When served without the chips and sweet chilli 'slaw and with a dressed side salad.

**Veggie Chilli Burger V\* £8.25 XL £9.75**

Plant-based burger topped with a lentil, sweet potato and soy protein chilli, flavoured with Mexican spices, finished with crispy onions. Served in a tortilla wrap OR stacked in a toasted sesame seed bun, with lettuce and sliced tomato. Served with chips and sweet chilli 'slaw.

**UPGRADE YOUR CHIPS V\* TO SWEET POTATO FRIES V\* FOR £1**

**Burmese Coconut Baby Aubergine Curry V £8.95**

Roasted baby aubergine, red pepper and cauliflower in a coconut curry sauce flavoured with garlic, ginger, lemongrass and black sesame seeds. Served with long grain rice and fresh rocket.

Burmese Coconut  
Baby Aubergine  
Curry



UNDER  
500  
CAL

**Veggie Lentil Chilli V £8.75**

A lentil, sweet potato and soy protein chilli, flavoured with Mexican spices, topped with guacamole and jalapeños. Served with long grain rice and a dressed side salad.

**Light Bite also available £5.45** with your choice of rice OR salad.

UNDER  
500  
CAL

**Piquillo Pepper Paella V £8.25**

A classic rice dish made with Piquillo peppers, courgettes and butter beans, flavoured with white wine, smoked paprika and basil and finished with fresh rocket. Served with a dressed side salad.

**Add Sweet Chilli Courgette Ribbons V to your Paella for 95p**

Piquillo  
Pepper  
Paella





## Salad £8.95

Mixed leaves, cherry tomatoes, red onion, cucumber and a drizzle of red wine vinegar dressing, topped with sweet chilli courgette ribbons, grilled red pepper and your choice of salad side.

Choose a Salad Side (or simply have without):

Giant Moroccan-Style Cous Cous **V**

Coriander & Lime Rice **V**

Garlic Ciabatta **V**

## Jackets & Sandwiches



### Veggie Lentil Chilli Jacket **V** £4.95

A baked jacket potato topped with a lentil, sweet potato and soy protein chilli, flavoured with Mexican spices. Served with a dressed salad garnish.

### Sweet Chilli Courgette & Red Pepper Sandwich **V\*** £4.95

Pieces of grilled red pepper with sweet chilli courgette ribbons, finished with crispy onions. Served on white **OR** multigrain bloomer bread, with chips or a dressed salad.

UPGRADE YOUR CHIPS **V\*** TO SWEET POTATO FRIES **V\*** FOR £1

## Sides

Sweet Potato Fries **V\*** £2.95

Chips **V\*** £2.45

Garlic Ciabatta **V** £1.95

Beer-Battered Onion Rings **V\*** £2.25

Dressed House Salad **V** £1.95

Sautéed Mushrooms **V** £1.95

Seasonal Vegetables **V** £1.95

Giant Moroccan-Style Cous Cous **V** £1.95

Sweet Chilli Courgette Ribbons **V** £1.95

## Desserts

### Bramley Apple Pie **V** £3.95

Served warm with Beechdean™ vegan vanilla flavoured ice cream.

### New York-Style Cheesecake **V** £4.25

Topped with strawberry sauce and mixed berries, and served with Beechdean™ vegan vanilla flavoured ice cream.



### Berry Citrus Sundae **V** £3.95

Beechdean™ vegan vanilla flavoured ice cream, layered with mixed berries and lemon drizzle sauce.



Vegan  
Berry  
Citrus  
Sundae

# Treat yourself!

**V** Suitable for vegetarians and vegans. **V\*** 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. All food is prepared in kitchens where nuts, gluten and other allergens are present and our menu descriptions cannot include all ingredients. We regret we cannot guarantee that any of our dishes are free from nuts or nut derivatives. If you have a food allergy please let us know before ordering. Full allergen information is available at the bar or visit [allergyadvice.marstons.co.uk](http://allergyadvice.marstons.co.uk).



Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces that may be added by the customer. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub. Photography is for illustrative purposes only.