



2020

vegan menu

Live Happy. Live Healthy



STARTERS

BALSAMIC MUSHROOMS £4.95

Served on a wholemeal crouton, garnished with sweet and sour Red Onions

ROASTED PLUM TOMATO SOUP £4.45

Served with crispy Croutons and Baguette

SPRINGHILL SALAD £4.50

Iceberg Lettuce & Plum Tomatoes, bound together with Chick Peas and Cashew Nuts, dashed with French dressing

TOASTED BRUCHETTA

A Baked crouton brushed with Olive Oil served with a Salad Garnish, Topped with -
Chilli, Garlic & Tomato **£4.50** or Vegan Style shredded Hoi Sin Duck **£5.50**

MAINS

STIR FRIED SHREDDED DUCK £10.95

Vegan style Hoi Sin Duck, flash fried with Oriental Vegetables, finished with Coconut Rice

PUMPKIN, CHICK PEA & RED ONION TAGINE £9.45

Cooked in Moroccan spices served with Coconut Rice & flat Bread

SPINACH, POTATO & CHICKPEA CURRY £9.95

Served with savoury Rice, flat Bread & Popadom Salad basket

BUTTERNUT & CHICKPEA BURGER £8.95

Served on Artisan bread roll, with Tomato & Iceberg Lettuce, BBQ sauce, Red Onion chutney, finished with Dill pickle & Chips

ARRABIATA PASTA £8.95

Pasta coated in a Garlic & Chilli Tomato sauce, bound together with mixed Peppers & Olives.
Served with a flat Bread

CAJUN SPICED QUORN & MUSHROOM PASTA £9.95

Pan fried Onions, Peppers, Mushrooms & Quorn, in a Soya cream & Cajun spiced sauce, finished with a baked Baguette

MEDITERRANEAN TART £10.95

Basil infused pastry with slow roasted Vegetables, cooked in a Tomato sauce, topped with Pumpkin seeds, served with sautéed New Potatoes and crisp side Salad

CAULIFLOWER THAI SPICED PENANG CURRY £9.95

Served with Coconut rice & flat Bread

MUSHROOM & CASHEW NUT WELLINGTON £10.50

Cooked brown Rice, Cashews, Onions, Garlic, Mushrooms & fresh herbs, wrapped in puff Pastry with a lattice top, served with New Potatoes and Vegetables, finished with Gravy

SPICY POTATO & CAULIFLOWER PIE £9.95

Shortcrust Pastry case filled with Cauliflower & Potato, Served with fresh Vegetables, New potatoes & finished with a fruity Curry sauce

DESSERTS

SALTED CARAMEL ICE CREAM SUNDAE £4.95

With Strawberries, Salted Caramel Ice Cream & Sauce

FRUIT SUNDAE £4.95

Vanilla Ice Cream finished with forest Fruits and Raspberry sauce

APPLE & STRAWBERRY CRUMBLE £4.95

A combination of juicy Apples & ripe Strawberries, topped with fine Crumble, with Vanilla Ice Cream

PEANUT, QUINOA & CHOCOLATE £4.95

Ice Cream Sundae

CHOCOLATE ORANGE SPONGE £4.95

Orange flavoured sponge with Chocolate chips, served with Vanilla Ice Cream

JAM ROLY POLY £4.45

Served with Vanilla Ice Cream