



# **STARTERS**

### RAISAMIC 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

### 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

#### 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

# SPINACH, POTATO & CHICKPEA CURRY £9.95

Served with savoury Rice, flat Bread & Popadom Salad basket

#### 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

#### RED PEPPER & AUBERGINE CHILLI £9.95

Chunks of Aubergine & Peppers in a rich Bean Ragout, served with sticky Coconut Rice & crispy Tortillas

#### 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

#### HOMEMADE APPLE AND CINNAMON CRIMBLE 64.95

Served hot with smooth 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