

# PLANT POWERED

## Menu

12/19/26 January

### Mains

*Served with two sides*

Thai green curry

HM, GF, VG

*kcal 315 per portion*

Vegetable stir fry with noodles

HM, GF, VG

*kcal 372 per portion*

Cottage pie

HM, GF, VG

*kcal 519 per portion*

### Adults £9

### Kids £5.50

Roasted tomato and broccoli pasta

HM, VG

*kcal 500 per portion*

Garden vegetable sausage

GF, VG

*kcal 277 per portion*

Traditional handmade mushroom and leek pie

VG

*kcal 514 per portion*

### Sides

Seasonal vegetables

Roasted herby

new potatoes

*kcal 107 per portion*

Coleslaw

*kcal 122 per portion*

Beans

*kcal 136 per portion*

Rice

*kcal 66 per portion*

Chips

*kcal 501 per portion*

Sweet potato fries

*kcal 351 per portion*

### Burger

**£9**

Plant based burger served in a bun  
with sliced beef tomato, lettuce,  
coleslaw and sweet potato fries

VG, GF option

*kcal 831 per portion*

### Homemade soup

**£4.70**

Served with crusty bread

HM, VG, GF option

### Jacket Potato

**£5.80**

*with one filling*

Coleslaw

HM, VG, GF

*kcal 402 per portion*

Thai green curry

HM, VG, GF

*kcal 419 per portion*

Baked Beans

VG, GF

*kcal 439 per portion*

### KEY

VG Vegan HM Homemade

GF Gluten Free

Subject to availability. All our products are produced in an environment with all ingredients & possible allergens, therefore there is always a risk of contamination. Adults need around 2000 kcal a day. Kcal is based on an adult portion.

