

Vegan Menu Options

(Also suitable for all vegetarian requirements)

Specialist Menu – Supplements may apply

Soups

Lentil & Smoked Tofu Soup
Beetroot Soup with Chives
Field Mushroom Soup
Potato, Onion & Garlic Parsley Soup
Cabbage Soup with Crispy Seaweed
Spinach & Rosemary Soup
Mushroom & Butter Bean Soup
Pumpkin Soup
Pea & Coriander Soup
Cream of Celery Soup
Wild Garlic Soup
Lentil Soup
Herb Broth
Potato, Spring Onion & Tarragon Soup
Lentil & Barley Soup
Carrot & Cumin Soup
Cream of Cauliflower & Potato Soup
Tomato Bisque
Spiced Chick Pea Soup
Chestnut & Celery Soup
Autumn Vegetable & Bean Soup

Starters

Spicy Potato Balls
Falafel Bites
Aubergine Toasties
Millet & Cashew Patties
Tofu Balls
Lentil Pâté with Melba Toast
Tomato & Onion Savouries
Garlic Mushrooms
Spicy Tofu Scramble with Bell Pepper and Tomato
Crudités with Houmous/with Tofu Guacamole
/Bean & Olive Dip/Aubergine & Tahini Dip

Main Courses

Bulgar Wheat & Chestnut Bake
Black-Eyed Beans & Chick Pea Stew
Stuffed Bell Peppers
Vegetable & White Bean Casserole
Spaghetti with Sweet Cherry Tomatoes, fresh Marjoram & Extra Virgin
Olive Oil
Bean & Mushroom Stroganoff
Deep Fried Rice Balls With Sweet & Sour Vegetables
Pasta with Chanterelles, Tapenade & Flat Leaf Parsley
Bean & Root Vegetable Pie
Lentil & Rice Loaf
Barley with Stir Fried Garden Vegetables
Chestnut Stew
Papardelle with Roast Pumpkin, Pine Kernels & Rocket Leaves
Lentil, Oat & Caraway Seed Burgers
Pasta with Zucchini & Sugar Snaps
Bean & Potato Stew
Spaghetti with Tahini Sauce
Savoury Vegetable Rice
Almond & Vegetable Curry
Pasta, Broccoli & Mushroom Casserole
Millet & Vegetable Savoury
Spinach & Mushroom Lasagne
Aubergines Stuffed with Cashew Nuts
Leek & Smoked Tofu Au Gratin
Spicy Tofu Tacos or Tofu Kebabs
Fragrant Spiced Rice with Beans & Mushrooms
Provençal Vegetable Stew
Hazelnut & Cashew Nut Roast Or Spicy Rice & Walnut Roast
Smoked Tofu & Mashed Potato Cakes
Roasted Mediterranean Vegetable Ragout
Tofu Jambalaya
Roasted Vegetables With Cous-cous & a Harissa Style Dressing
Chestnut & Mushroom Pie
Macaroni, Mushroom & Tofu Casserole
Risotto with Broad Beans, Peas, Asparagus & Sugar Snaps
Mustard Pearl Barley Risotto with Parsley Coulis
Wild Mushroom Risotto

Salads

Courgette Salad with Mint, Garlic, Red Chilli, Lemon & Extra Virgin Olive Oil
Avocado And Mushroom Salad with Vinaigrette
Rice, Bell Pepper & Tofu Salad
Kidney Bean Pasta Salad with Cider Wine Vinaigrette
Warm Rocket Salad with Caramelised Onions & Pine Nuts with Balsamic Dressing
Japanese Mooli Salad with Mustard Cress & Grilled Lemon Dressing
Caper Salad Niçoise
Millet Salad with Spring Onions, Red Peppers & Peas
Fruit & Nut Coleslaw with Apple, Pineapple & Peanuts
Three Bean & Walnut or Almond Salad with Herb Vinaigrette
Avocado, Spring Onion, Coriander & Chilli Salad with Toasted Almonds
Italian Pasta Salad with Smoked Tofu
Autumn Green Salad with Herb Vinaigrette
Globe Artichoke, Pink Grapefruit & Frisee Salad

Pasta Salad with Red & Yellow Cherry Tomatoes, Olives, Chives, Basil & Sharp Dressing
Shredded Vegetable & Brown Rice Salad
Green Bean & Pimiento Salad
Potato & Artichoke Salad Drizzled with Olive Oil
Tabbouleh with Spring Onions, Parsley & Mint with Strong Vinaigrette

Accompaniments

Lemon Rice or Spanish Rice
Baked Peppers with Cherry Vine Tomatoes, Basil & Marjoram
Baked New Potatoes with Sea Salt & Rosemary
Chick Peas with Chilli, Garlic & Thyme
Roasted Fennel with Cherry Tomatoes, Olives, Garlic & Olive Oil
Swiss Chard with Cannellini Beans
Portobella Mushrooms with Parsley Pesto & Balsamic Vinegar
Tray Baked Artichokes with Almonds, Breadcrumbs & Herbs
Butternut Squash Stuffed with Rice,
Pine Nuts, Porcini Mushrooms & Sun-Dried Tomatoes

Puddings

Chocolate Cake with Thick Chocolate Icing or Baked Date & Coconut
Layer Cake

Raspberry Cheesecake or Maple Pecan Tofu Cheesecake
Vegan Bread & Butter Pudding

Baked Raisin Pudding or Apple Strudel

Autumn Fruit, Elderflower & Apple Jelly Terrine

Autumn Raspberry Jellies / Gin & Tonic Jelly

Agon Prunes Stuffed with Walnuts or Poached Plums

A Selection of Ice Creams & Sorbets