

VEGAN AND VEGETARIAN MENU

Liven up lunchtime and tackle the munchies with some mixing and matching that caters for every taste.

Dietary Requests

We will be pleased to accommodate requests from guests with allergies or specific dietary requirements without compromising on taste, just let us know what you need and leave it to us. Our team will be on hand during your time with us to offer expert knowledge on culinary requirements and provide dietary advice where needed.

VEGAN STARTERS

SF **✓** Sweetcorn Panna Cotta

(V)

Charred corn ribs, chilli salsa, coriander oil, avocado purée, herb salad

SF **✓** Textures of Welsh Blas Y Tir

Cauliflower (V,SD)

Saffron soured, grilled and panna cotta cauliflower, beetroot relish, grilled shallots

SF **✓** Heritage Beetroot Salad

(V,G,SD)

Couscous and pumpkin seeds, grilled asparagus, watermelon

SF **✓** Grilled Pear and Walnut Salad

(V,N,Se)

Baby cress salad, spiced houmous and pomegranate, pickled shallots

SF **✓** Seeded Plant-Based Rissolo

(V,S,Se,G,SD)

Minted pea salad, spiced tomato ketchup

SF **✓** Smoked Carrot and Ginger Panna

Cotta (V,G,N,C)

Pepper relish, fennel, celery and walnut salad, black pepper crisps

VEGETARIAN STARTERS

SF **✓** Perl Las Blue Cheese Bruschetta

(V,D,N,SD)

Poached pear, rocket and hazelnut salad, raspberry vinaigrette

SF **✓** Sun Blushed Tomato and Mozzarella

Arancini (V,G,E,D)

Spiced sun blushed tomato chutney, balsamic syrup, pea shoots

SF **✓** Plum Tomato and Beetroot Tart Fine

(V,D,G,Mu,S,E)

Chicory and apple, mustard seed dressing, cranberry gel



VEGAN MAIN COURSE

SF **V** BBQ Grilled Cauliflower Steak
(V)

Spiced sweet potato, Romanesco, chimichurri, baby tomatoes

SF **V** Spiced Vegetable and Chickpea Roast
(V)

Roasted tomato, butternut squash purée, tenderstem broccoli, red pepper dressing

SF **V** Sage and Onion Potato Galette
(V)

Caramelised shallot, wild mushrooms seasonal vegetables, rocket gremolata

SF **V** Truffled Celeriac and Chestnut Mushroom Pithivier

(V,G,SD,C)

Cauliflower purée, roasted beetroot, seasonal vegetables and thyme red wine jus

SF **V** Spiced Cauliflower with Mushroom and sundried Tomato Filo Parcel
(V,G)

Spiced pumpkin and potato tian, charred spring onion, kale pesto

VEGETARIAN MAIN COURSES

SF Goat's Cheese and Onion Jam Pithivier
(V,G,D,E,Mu)

Butternut squash, asparagus, confit potato, tomato and grain mustard hollandaise

SF Welsh Cheddar and Pumpkin Risotto
(V,D)

Sautéed wild mushrooms, asparagus, tarragon oil, baby tomatoes and truffle oil

SF Edamame Bean and Mozzarella Stuffed Portobello Mushroom

(V,D,G,S)

Chilli broccoli, beetroot ketchup, tomato couscous salad, roasted pepper sauce

DESSERTS

Please note that all desserts on all menus are suitable for vegetarians

V Chocolate and Raspberry
(V,S,SD,N)

Gluten free brownie, chocolate tofu mousse, glazed with raspberry jelly

V Chocolate and Orange
(V,S,SD)

Orange cake filled with orange cream, topped with dark chocolate and tofu chocolate mousse

V Passion Fruit
(V,SD,N)

Passion fruit mousse with a passion fruit filling, passion fruit glaze, on a gluten free soba, desiccated coconut, raspberry gel

V Pear
(V,SD,N)

Pear mousse with a pear filling, pear glaze on a gluten free soba

V Strawberry
(V,SD,N)

Strawberry mousse with vanilla sponge, strawberry glaze, on a gluten free soba



SF Super Food Vegan

V Vegan

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.