

VEGAN MENU

Monday - Thursday 12pm - 5pm If ordering from the vegan menu please ensure your server is aware.



OLIVES, FOCACCIA, OILS (gfa) - £5.95 BALSAMIC TOMATOES & CROUTES (gfa) £6.95

CHEESY GARLIC PIZZA BREAD - £7.00

CREAM OF TOMATO SOUP(gfa) - £7.25 Tomatoes, garlic, rosemary, vegan cream, fresh focaccia.

PASTA

GNOCCHI (gfa) - £16.95 Vegan pesto or vodka sauce

CREAMY MUSHROOM RIGATONI (gfa) - 16.95 Mixed mushrooms, garlic, pine nuts, vegan cream, parslev

MEDLEY DI VERDURE LINGUINE (gfa) - £16.95 Broccoli, pea, spinach, courgettes, artichoke sauce

CAPONATA SPAGHETTI (gfa)- £16.95
Aubergine stew, pine nuts, capers, olives, topped with Greek white

GRILL

GARDEN BURGER £16.50

Moving mountains burger, lettuce, tomato, avocado smash, cheeze, pink onions, burger sauce, skin on fries

EXTRAS

SKIN ON FRIES (gf) - £4.50

GARLIC FOCACCIA - £5.50

CHEESY GARLIC FOCACCIA - £5.95

MARINATED OLIVES (gf) - £4.50

ROSEMARY & GARLIC NEW POTATOES (gf) - £5.50

TENDERSTEM BROCCOLI (gf) - £5.50

PIZZA

not suitable for coeliacs.

All pizzas unless stated are served with vegan mozzarella & homemade pizza sauce. Pizza Bambino until 5pm only. Prices displayed Bambino/Regular. Gluten free pizzas only available in larger sizes –

MARGHERITA (gfa) - £7.00/14.00 Fresh basil, extra virgin olive oil

CAPRICE (gfa) - £7.50/14.50 Semi-dried tomatoes, vegan pesto

MEDITERRANEAN (gfa) - £8.00/15.95

Red onion, courgette, aubergine, red & yellow peppers, vegan pesto, Greek white

GARDEN (gfa) - £8.00/15.95 Courgettes, garlic, chilli, mint

FUNGHI (gfa) - £8.00/15.95

Mixed mushrooms, truffle oil, parsley (no sauce)

SALADS

GREEK (gf) - £7.95

Tomatoes, olives, cucumber, red onion, Greek white, oregano, extra virgin olive oil

MIXED (gf) - £5.50

Baby gem, rocket, cherry tomatoes, tenderstem broccoli, peppers

VERDE (gf) - £5.50

Rocket, vegan parmigiano, baby gem, balsamic dressing

WATERMELON (gf) - £7.95

Feta, mint, extra virgin olive oil, lemon juice

DESSERTS

CHOCOLATE TORTA CAPRESE (gf) - £8.50

Homemade vegan amaretti base, thick chocolate torte, vegan vanilla ice cream

APPLE TORTA DI MELE (gf) - £7.95

Homemade apple cake topped with cinnamon, vanilla vegan ice cream

NEW FOREST ICE CREAMS

Vegan Vanilla, Vegan Salted Caramel, Raspberry Sorbet, Mango Sorbet

1 scoop £3.50, 2 scoops £5.50, 3 scoops £7.00

