

VEGAN MENU

TWO FOR ONE ON ALL MAIN MEALS & SPECIALS

You get the lowest priced meal for free!

SINGLE DINER? Need to even things up?

Choose one of our delicious puddings* instead of another main course to benefit from our Two for One offer. Available for tables of 1, 3, 5 & so on. If you are ordering via Marston's Tap, please speak to a member of the team before ordering.



THIS MENU IS JUST FOR YOU!
WHEN YOU HAVE FINISHED
IT WILL BE RECYCLED.

HELP US
**RAISE
THE BAR**

Tell us how we did today and you could win £250 of LOVE2SHOP vouchers. Visit www.helpraisethebar.co.uk

Ask your server for the pub code.

For full terms and conditions please visit www.helpraisethebar.co.uk. No purchase necessary. Participants must be 18 or over.

ALTHOUGH THE MEALS ON THIS MENU ARE ALL MADE FROM VEGAN INGREDIENTS IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE SPEAK TO A MEMBER OF OUR TEAM BEFORE YOU ORDER YOUR FOOD & DRINKS. FOR FULL ALLERGEN INFORMATION PLEASE VISIT OUR WEBSITE.

STARTERS & SHARERS

SOUP OF THE DAY £3.95

Please ask for today's choice. Served with a slice of bloomer bread for dipping.

BUFFALO CAULIFLOWER WINGS [VE]* 🌿 £4.95

Florets of cauliflower in a smoky BBQ coating. Served with kickin' Buffalo sauce.

NACHOS

FOR ONE £4.95 TO SHARE £8.25

Tortilla chips topped with salsa, guacamole & red jalapeños.

ADD BBQ JACKFRUIT FOR £2.25

BEER-BATTERED ONION RINGS TO SHARE [VE]* £5.25

A cone of crispy beer-battered onion rings. Served with a BBQ dip.

PUB CLASSICS

FISHLESS FISH & CHIPS [VE]* £16.80

Crispy Quorn™ fish style fillets in a salt & vinegar flavoured batter. Served with chips & your choice of garden or mushy peas.

BUFFALO CAULIFLOWER SALAD [VE]* £14.30

Florets of cauliflower in a smoky BBQ coating & a kickin' Buffalo sauce. Served on a bed of mixed leaves with red onion, tomato, cucumber, red pepper & a drizzle of olive oil & balsamic vinegar. **< 350 CALS**

ROASTED SWEET POTATO & CHICKPEA TAGINE £16.95

Roasted sweet potato, chickpeas, peppers & apricots infused with spices. Served with pilau rice & a side salad.

BURGER

BBQ JACKFRUIT BURGER [VE]*

SINGLE £15.55 DOUBLE £17.55

Our plant-based burger topped with BBQ jackfruit. Served with chips, beer-battered onion rings & BBQ sauce.

ADD A TASTY TOPPER
JALAPEÑOS 🌿 95p

FANCY MORE CHIPS? DOUBLE YOUR CHIPS [VE]* FOR £1.00
SWAP YOUR CHIPS FOR SWEET POTATO FRIES [VE]* FOR £1.00

SIDES

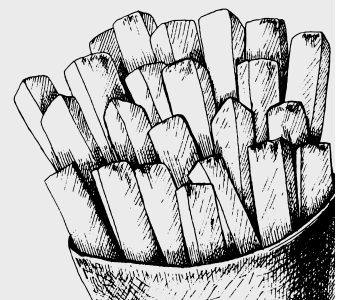
CHIPS [VE]* £2.95

SWEET POTATO FRIES [VE]* £3.95

BEER-BATTERED ONION RINGS [VE]* £2.70

GARLIC CIABATTA £2.70

HOUSE SALAD £2.70



FRESH FROM THE PIZZA DECK

GARLIC PIZZA BREAD £3.20

CHEESY GARLIC PIZZA BREAD £3.70

Made with vegan Mozzarella style cheese.

GARLIC DOUGH BALLS £3.70

Drizzled in garlic & herb oil. Served with BBQ dip.



MARGHERITA £14.30

Vegan Mozzarella style cheese & sliced fresh tomatoes.

VEGGIE DELIGHT £15.80

Vegan Mozzarella style cheese, red & spring onions, sliced fresh tomatoes, peppers & mushrooms.

BEING GOOD?

ENJOY A SMALLER VERSION OF ANY OF OUR PIZZAS WITH AN UNDRESSED SALAD ON THE SIDE.

All under 500 calories. **< 500 CALS**

MAKE IT YOUR OWN. CHOOSE EXTRA TOPPINGS

75p EACH

Jalapeños 🌶️

Sliced fresh tomatoes

Sliced peppers

Red onion

Rocket

Pineapple

Mushrooms

£1.00 EACH

Mozzarella Style
Cheese

PUDDINGS

PRALINE CHOCOLATE TART £4.95

A rich dark chocolate tart, filled with swirls of coconut milk & praline in a nutty case. Served with vegan vanilla flavour ice cream & chocolate flavour sauce.

BRAMLEY APPLE PIE £4.95

A classic individual apple pie. Served warm with vegan vanilla flavour ice cream.

SIMPLY DELICIOUS ICE CREAM £3.65

3 scoops of vegan vanilla flavour ice cream.

The Two for One offer applies to main meals & specials as indicated on menu and the lowest priced meal will be free. *The single diner offer allows you to choose a pudding instead of another main meal if you are dining in a party of an uneven number. Offer applies to all puddings, excluding sharers. If you are ordering via Marston's Tap, please speak to a member of the team before ordering. Allergen advice: Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our food & drink and we do not make a 'free from' claim. We only state allergens if they are an ingredient of a product. We do not include 'may contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns. If you have a food or drink allergy please let us know before ordering. Full allergen information is available, please visit our website. [VE]* We cannot guarantee that our vegan dishes have been cooked in dedicated vegan fryers. Please ask a member of staff for more information. **< 350 CALS** **< 500 CALS** Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning, sauces or upgrades that may have been added by the guest. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub.