

FYR

VEGAN MENU

STARTERS

Garlic stuffed olives 106kcal **£5.95**
lemon and parsley

Artisan bread basket 833kcal **£3.50**
with Hillfarm cold pressed rapeseed oil,
Isle of Wight tomato balsamic vinegar, hummus dip

Homemade soup 560kcal average **£7.95**
chef's garnish

Beetroot falafel bites 427kcal **£8.95**
hummus dip

Tempura fried vegetables 415kcal **£8.95**
spicy guacamole

Isle of Wight tomato panzanella salad 231kcal **£6.95**

MAINS

Moving Mountains vegan burger 906kcal **£18.50**
sourdough bun, gem lettuce, beef tomato,
Applewood smoked cheddar, tomato relish, skin on fries

Seasonal vegetarian risotto 630kcal average **£18.50**

Vegetable linguine 827kcal **£18.50**
sundried tomato, courgette, spinach

Vegan sausages 617kcal **£18.50**
seasonal vegetables, skin on fries, vegan jus

New Forest mushrooms 910kcal **£18.50**
artichoke, black truffle, chargrilled ciabatta

SIDES

Hand cut chips 553kcal / **Seasonal vegetables** 290kcal / **Skin on fries** 437kcal / **Garden salad** 85kcal

DESSERTS

Seasonal fruit crumble 480kcal average **£8.50**
vegan vanilla ice cream

Vegan passion fruit parfait 676kcal **£9**
fruit coulis, mango sorbet

A selection of vegan ice creams or sorbets
(please ask for our flavours)

3 scoops £8.75 1 scoop £3.25
274kcal average per scoop

Allergen Information – we really want you to enjoy your meal with us – if you'd like information about ingredients in any dish, please ask and we'll happily provide it. Prices include VAT. Calorie information: Adults need around 2000kcal per day. A discretionary 10% service charge is added to all bills. 100% of the service charge is shared amongst all of our team throughout the hotel.

