# ALL BAR ONE

# **VEGAN MENU** #PLANTPOWER

AILABLE THROUGHOUT JANUARY & FEBRUARY
2 COURSES £12.95 / 3 COURSES £15.95

LIMITED EDITION

### SMALL PLATES

CRUSHED AVOCADO BRUSCHETTA 6.75 With tomato salsa



CHILLI NON CARNE TACOS 6.50

Filled with chilli non carne, smashed avocado and nacho crumb

CAULIFLOWER WINGS 6.95



Mango chutney and raita-style sauce

### MAINS

LENTIL & CHICKPEA QUESADILLA 8.95



With a gooey cheese alternative produced from coconut oil and a rocket salad Add a side of seasoned fries +£3.50

SPICED CAULIFLOWER SHANK 10.75



Giant couscous, mint, spinach, pomegranate and a coconut dressing

MISO TOFU BOWL + 11.50 Specially created for All Bar One by @naturallystefanie

Tofu, raw broccoli, spinach, cashew nuts, aubergine, peppers, freekeh grains and a sesame & miso sauce



VEGAN LASAGNE II.75

Topped with roasted butternut squash, peppers & courgette

SWEET POTATO & CREAMY COCONUT AMOK CURRY II.25



Spinach, spring onion, chilli, coriander and fried okra served with a crispy tortilla

THE POWER OF FIVE + 8.75



Chargrilled medley of greens, butternut squash, aubergine, mushroom, peppers and nigella seeds with a sesame & miso sauce and rice noodle cracker Add a side of sticky rice +£2

#### THE PLANT BASED BURGER 14.95



The revolutionary Beyond Meat® burger that looks and tastes like meat! Plant-based patty, cheese alternative made from coconut oil, lettuce, tomato, vegan mayonnaise. Served with seasoned fries +£4 supplement for vegan set menu

### DESSERTS



BISCOFF BANANA 5.95

Coconut mousse, toffee sauce, biscoff crumb and pecan brittle

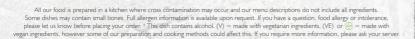
RASPBERRY & COCONUT

SORBETS 3.75 Served with berries and mint

RICH CHOCOLATE POT 5.95 With fresh berries



TURN OVER FOR OUR LIMITED **EDITION MINDFUL DRINKS** 







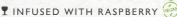
LIMITED EDITIO

### **DELICIOUS DRINKS WITHOUT THE CALORIES**

#### DA-SH WATER 2.95

British sparkling spring water infused with wonky fruit & vegetables with a natural lift without the sugars, fake flavours or calories O calories, no sugar, no sweeteners







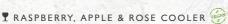
# REFRESHING JUICES 2.95

Low in calories and delightfully refreshing. Choose from our two flavours below:

T STRAWBERRY & CRACKED BLACK PEPPER COOLER 38 calories



30 calories



■ ORIGINAL KOMBUCHA 4.25



A traditional fermented drink made from black tea and yeast using ancient craft methods and ethically sourced organic ingredients

### LOW OR NO ALCOHOL

### SEEDLIP

"What to drink when you're not drinking" ™ The world's first non-alcoholic spirit

### Y SEEDLIP SPICE 94



Nutmeg, cloves and grapefruit. Our twist is partnered with Fever-tree Ginger beer, orange and rosemary

## T SEEDLIP GARDEN 108



Clean, fresh herbal flavours with blends of home-grown hay and sweet peas. Paired with Fever-tree Elderflower tonic, cucumber and fresh mint

## T ELDERFLOWER & CUCUMBER TWISTED TONIC

Fever-Tree Elderflower tonic & cucumber bitters 0.07%

# I GINGER & ORANGE TWISTED TONIC



Fever-Tree Ginger beer & orange bitters 0.07%

### OLD MOUT CIDER



Berries & Cherries 0.05%

TURN OVER FOR OUR LIMITED **EDITION VEGAN DISHES** 

SEEDLIP



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