

# VEGAN MENU

*This menu contains no animal - derived products, only vegetables, pulses, grains, nuts and seeds, olive oil, seasoning and vegetable based stocks.*

*Allow minimum 10 minutes*

*A selection of two or three courses is recommended*

<b>Pappa Al Pomodoro</b> Tuscan thick tomato soup	6.5	<b>Insalata Di Vegetali</b> Grilled vegetable salad with roasted peppers, courgettes and balsamic dressing	7.95
<b>Crudite</b> Fresh raw vegetables with a warm olive dip	9.95	<b>Spaghettoni Alla Checca</b> Spaghettoni with sun dried tomatoes, garlic and olive oil	7.95
<b>Ribollita</b> Rustic, thick vegetable soup with thinly sliced red onion and french beans	7.95	<b>Zucchini Alla Griglia / Con Funghi</b>	
<b>Risotto Con Funghi Di Bosco</b> Mushroom risotto with wild mushrooms and porcini	11.95	<b>Penne Pomodoro Basilico</b> Penne with tomato and basil	8.95
<b>Vegetali Grigliati</b> Grilled fresh vegetables	9.95	<b>Linguine Funghi Di Bosco</b> Linguine with wild mushrooms	10.95
<b>Insalata Di Spinaci</b> Raw spinach salad, red onion, avocado, tomato 'primavera' and sunflower seeds	7.95	<b>Linguine Aglio Olio Peperoncino</b> Linguine with garlic, extra virgin olive oil and chilli	7.95
<b>Vegan Caprese</b> Fresh avocado, red onion, organic tomatoes and sun dried tomatoes	8.5	<b>Bruschetta Ammoghiu</b> Grilled Italian bread with home-made courgette pesto and organic tomato	4.95
<b>Asparagi</b> Warm fresh asparagus with extra virgin olive oil and lemon	11.95	<b>Green Salad</b>	3.5
<b>Carciofi Grigliati Con Zucchini</b> Grilled tender baby artichokes and courgettes with fresh mint oil	9.95	<b>Mixed Salad</b>	3.5
<b>Pizza</b> With fresh tomato (onion and capers optional)	9.95	<b>Rocket Salad</b>	4.95
		<b>Broccoli</b> Plain steamed	3.25
		<b>Spinach</b> Sauteed with olive oil and garlic	3.25
		<b>Mashed Potatoes with Thyme</b>	2.95
		<b>Sauteed Potatoes</b>	2.95

**Pane Olio**  
Bread and oil

2.5