



WOODLANDS  
HOTEL

# Vegan Lunch Menu

## Starters

Soup of the Day with Petit Pain Roll (W,S, may contain B) or Gluten Free Oatcakes	£4.50
Rendezvous of Melon, Pineapple & Mango Salsa, Passion Fruit Sauce & Raspberry Sorbet	£5.00
Roasted Red Pepper Houmous, Harissa Marinated Olives & Garlic Flatbread (W,S,SU)	£6.00

## Mains

Chickpea, Sweet Potato, Spinach & Mushroom Rogan Josh, Rice & Garlic Flatbread (W)	£10.00
Cajun Roast Flat Mushrooms, Falafel & Spinach Cake, Salad Bowl, Tomato, Pepper & Lime Chutney (SU)	£9.00
Falafel & Spinach Burger with Red Onion Chutney, White Cobbled Sesame Seed Bun & Chips (W,S,SU)	£9.50
Vegan Mince & 5 Bean Chilli with Rice (SO,B)	£9.50
Baked Potato with Red Pepper Houmous & Tomato with Salad (S,SU)	£7.00
White (W,R,SO) or Brown (W,B,SO) Sandwich with Red Pepper Houmous & Tomato with Chips or Salad (S,SU)	

## Sides

Chips/Cajun Chips	£3.50	Roast Flat Mushrooms	£3.50
Mixed Vegetables	£2.00	Mushy Peas	£2.00
Boiled Baby Potatoes	£3.00	Garden Salad (SU)	£3.50

## Desserts - served with Dairy Free Ice Cream (SO)

Chocolate & Coconut Tart in a Date & Mixed Nut Case, Chocolate Sauce (SO, N - cashew, hazlenut, walnut, almond)	£6.50
Apple Crumble Slice, Alpro Soya Custard (SO,GF,O)	£6.50
Fresh Fruit Salad & Sorbet	£5.00
Trio of Sorbet - Raspberry, Lime, Passion Fruit, Mango	£4.50

## Mini Sweet Treats

Cranberry & Pecan Flapjack (O,SU,N - pecans, may contain traces of other N)
Apple Crumble Slice (GF O)

Redwood Card Holders receive 10% Discount on all of the above



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