

THE SHIRES INN

★ PEATLING PARVA ★

Starters

Wild mushroom and roasted garlic pate served with hot toast and red onion marmalade.

Gluten free, soya free and vegan. Contains nuts. 5.95

Fiery roasted carrot, chilli and ginger soup

Gluten free, soya free and vegan. 4.95

Tuscan bean stew with malted wholegrain bread.

Gluten free, soya free and vegan. 4.95

Fresh bread, dipping oils and marinated olives.

Gluten free, soya free and vegan. 5.95

Spring onion, lime, coriander & quinoa fritters with sweet chilli dipping sauce.

Gluten free, soya free and vegan. 5.95

Mains

Roasted vegetable nut cutlet with a tomato and herb sauce.

Gluten free, soya free and vegan. 12.95

Stuffed whole pepper with authentic vegetable and chickpea bhuna with pilau rice and mango chutney.

Gluten free, soya free and vegan. 12.95

Assorted mushroom stroganoff with market fresh vegetables and a timbale of rice.

Gluten free, soya free and vegan. 12.95

Mixed vegetable stir fry with a ginger and soy glaze.

Gluten free, soya free and vegan. 10.95

Barbeque pulled jackfruit burger with fresh avocado, sliced tomatoes and dill pickles, served with crisp fresh salad and fries.

Gluten free and vegan Let our server know if you require a gluten free or vegan bun. 12.95

The Shires Free-from Menu

Desserts

Super fudgy dark chocolate & orange brownie

Gluten free, soya free & vegan, contains nuts. 6.50

Coconut, cherry & brown sugar sponge.

Gluten free & vegan. 6.50

Dark chocolate & raspberry tart.

Gluten free & vegan, contains nuts 6.50

Trio of Noel's gelato, available in vanilla bean, morello cherry & chocolate hazelnut.

Gluten free & vegan. 6.50

Trio of Noel's sorbet, available in mandarin, coconut & forest fruit.

Gluten free, soya free & vegan. 6.50