

# 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
- Roasted butternut squash soup with malted wholegrain bread.  
Gluten free, soya free and vegan. 4.95
- Kale, quinoa and sweetcorn fritters with sweet chilli dipping sauce.  
Gluten free, soya free and vegan. 5.95
- Spiced parsnip soup with malted wholegrain bread.  
Gluten free, soya free and vegan. 4.95
- Fresh bread, dipping oils and marinated vegetables.  
Gluten free, soya free and vegan. 5.95

MONDAY-SUNDAY

Free-From  
Menu

## Mains

- Roasted vegetable nut cutlet with a tomato and herb sauce. Gluten free, soya free and vegan. 12.95
- Stuffed 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 salad and fries. Gluten free and vegan. 12.95

## Desserts

- Sticky ginger pudding served with toffee sauce.  
Gluten free and vegan. 5.50
- Fresh strawberry pavlova with cream or ice cream.  
Gluten free and vegan. 5.50
- Bread and butter pudding with earl grey tea sultanas.  
Gluten free and egg free. 5.50
- Dark chocolate and cherry brownie, served warm with ice cream.  
Gluten free and vegan. 5.50
- Moist lemon and raspberry sponge.  
Gluten free and vegan. 5.50
- Indulgent banoffee cheesecake served with cream or ice cream.  
Gluten free and vegan. 5.50
- Rich chocolate fudge cake served warm with ice cream.  
Gluten free. 5.50

**A section of sorbets and vegan ice creams are also available, just ask your servers for today's choices!**