

THE SHIRES INN

★ PEATLING PARVA ★

Starters

- Malt crunch loaf with dipping oils and marinated olives
Gluten free, soya free and vegan. Please specify if gluten free or vegan 4.95
- Beetroot pate with toasted sourdough & salted butter
Gluten free, vegan and soya free 5.95
- Cream of tomato soup with malt crunch loaf and salted butter
Gluten free, vegan, soya free 5.95
- Quinoa, spring onion & herb fritters with roasted garlic aioli
Gluten free, soya free & vegan 5.95

Mains all 15.95

- Roasted vegetable nut cutlet with a tomato and herb sauce.
Gluten free, soya free and vegan.
- Stuffed whole pepper with authentic vegetable and chickpea bhuna with pilau rice and mango chutney.
Gluten free, soya free and vegan.
- Assorted mushroom stroganoff with market fresh vegetables and a timbale of rice.
Gluten free, soya free and vegan.
- Mixed vegetable stir fry with a ginger and soy glaze.
Gluten free, soya free and vegan.
- BBQ jackfruit burger with fresh salad and chunky chips.
Please specify either gluten free or vegan bun.

Desserts

- Spiced Apple Pie
Vegan and soya free, contains gluten 6.95
- Trio of Noel's gelato, available in vanilla bean, morello cherry, maple & pecan, chocolate orange & chocolate hazelnut.
Gluten free & vegan. 6.95
- Trio of Noel's sorbet, available in mandarin, coconut, forest fruit & lemon.
Gluten free, soya free & vegan. 6.95
- Chocolate fudge cake
Vegan, contains soya and gluten 6.95
- Vanilla crème brulee
Gluten free, vegan, contains soya 6.95
- Blueberry tartlet
Gluten free, vegan, contains soya 6.95

The Shires
Free-from
Menu

All our food is prepared in our kitchen where nuts, cereals containing gluten and other allergens are present. Our menu descriptions do not include all our ingredients. If you have a food allergy or intolerance, please let us know before and whilst ordering