



Plant Based

Bar Snacks & Nibbles

Pink peppercorn roasted cashews and peanuts <small>N</small>	3.5
Mixed marinated olives, bay, lemon, garlic	3.5
Warm breads, balsamic and extra virgin olive oil <small>G</small>	4
Sweet chilli rice crackers	3.5

Starters

Heritage IOW tomatoes, spring onion, black onion seeds	7.5
Crispy herb and garlic polenta, Asian slaw, sesame, baby gem	6.5

Mains

Isle of wight tomato Panzanella, red onion, capers, rosemary croutons, fresh basil <small>G</small>	9
Roasted cauliflower, ras el hanout, chickpeas, toasted almond, pomegranate, garlic oil <small>N</small>	13
Moving Mountains no meat burger, siracha veganaise, sliced beef tomato, baby gem lettuce, dairy-free cheese <small>G, S</small>	13

Sides

Seasoned skinny fries	3.5
Potato mash, spring onion, watercress	3.5
Seasonal greens, roasted almonds <small>N</small>	3.5
Garden green salad, spring onion, chimichurri dressing	3.5
IOW tomatoes, black onion seeds, basil	5

Dessert

Raspberry and lemon sorbet, caramelised nut crumb, fresh British berries <small>N, P</small>	6.5
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V=Vegetarian | P-B=Plant Based | C=Crustaceans | Ce=Celery | D=Dairy | E=Eggs | F=Fish | P=Peanuts | G=Gluten L=Lupin | N=Nuts |
Mo=Molluscs | Mu=Mustard | S=Soya | SD=Sulphur Dioxide | Se=Sesame Seeds

Please notify a team member of any dietary requirements and we will adapt the menu to suit. Some dishes may contain the odd bone or shot, please be careful. Prices are inclusive of VAT. Service charge is not included on the bill.

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