

ASTONS PLANT BASED SAMPLE MENU

STARTERS

Tian of grilled vegetables, peppers, courgette & aubergine with tomato jelly, rocket salad & French dressing
(Ve, Sd, Mu)

Charred asparagus & artichoke salad, balsamic reductions & sundried tomato
(Ve, sd)

Winter minestrone, garlic bruschetta (Ve, C, S)

Pea & mint arancini (S, G, Ve)
grilled asparagus, baby vegetables & truffle salad

Butternut squash & shallot tart (G, Ve)
fine braised shallot, garlic puree, roquette salad

MAINS

Grilled aubergine steak, plum tomato, roast field mushrooms, sautéed potatoes & sweetcorn
salsa
(Ve)

Sweet potato, green bean & chick pea curry with lime rice, mini popadoms, pineapple chutney
(Ve, G, Sd)

Stuffed beef tomato, green vegetables, char grilled asparagus, gremolata
(Ve, D, G, Mu)

Chestnut mushroom & spinach suet pudding, braised red cabbage & carrot top pesto
(G, Ve, S)

(Ve) suitable for vegans, (V) suitable for vegetarians, (G) contains gluten, (D) contains dairy/milk, (N) contains nuts, (P) contains peanuts, (E) contains egg, (F) contains fish, (Cr) contains crustaceans, (M) contains molluscs, (S) contains soya, (C) contains celery, (Mu) contains mustard, (Se) contains sesame seeds, (SD) contains sulphur dioxide, (L) contains lupin

Due to our food preparation process we cannot guarantee our dishes will be prepared in an allergen or allergen derivative protect free environment. Please note this is a sample menu.

DESSERTS

Poached peach
poppy seed syrup, macerated strawberries (Ve)

Lemon curd tart (G,Ve)
raspberry sorbet & honeycomb

Vanilla panna cotta (Ve)
pineapple crisp, coconut sorbet

Dark chocolate mousse (G,S,Ve)
dehydrated cherry's & ginger snap shard

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