

# Plant-Based Menu



## Light Lunches

available 11.30 am until 4.30 pm

### Greek Salad (GF) £10.95

Crisp Lettuce, Cherry Tomatoes, Cucumber, Peppers, Pink Onions and Vegan Feta with Balsamic Dressing

### Mediterranean Vegetable Tart £8.25

served with Salad

### Mature Cheddar Sandwich £4.75

served on White, Granary or Gluten Free Bread with Salad  
available in a Freshly Baked Baguette (+£1)

## Jacket Potatoes

available 11.30 am until 4.30 pm

### Jacket Potato (GF) £6.50

served with Salad

### Half a Jacket Potato (GF) £5

served with Salad

### Mature Cheddar 75p

### Baked Beans 75p

## Desserts

### Warm Chocolate and Caramel Cake £5.95

served with Vegan Vanilla Ice Cream

### Warm Chocolate Brownie (GF) £5.95

served with Vegan Salted Caramel Ice Cream

### Vegan Ice Cream (GF) £1.75 per scoop

Vanilla, Chocolate, Salted Caramel

### Vegan Sorbet (GF) £1.75 per scoop

Lemon, Mango, Blood Orange

## Lunches

available 12.00 pm until 2.30 pm

### Butternut Squash, Spinach and

### Chickpea Curry £11.95

served with Rice, Mango Chutney and Poppadum

### Three Bean and Pepper Chilli (GF) £11.95

served with Rice

### Vegan Burger £12.95

served in a Pretzel Bun with Vegan Mayo, Tomato, Lettuce, Gherkin, Paprika Wedges and Salad

## Toasted Sandwiches and Paninis

available 11.30 am until 4.30 pm

### Mature Cheddar £6

served with Salad

### Mature Cheddar and Onion £6.50

served with Salad

### Mature Cheddar and Tomato £6.50

served with Salad

## Shakes

made with Gluten Free Oat Milk

### Vanilla £4.95

### Chocolate £4.95

### Salted Caramel £4.95

(GF = Gluten Free)

PLEASE LET US KNOW IF YOU HAVE ANY DIETARY REQUIREMENTS  
OR ALLERGIES PRIOR TO ORDERING

[www.parkergardencompany.com](http://www.parkergardencompany.com)

Parker's

