

# MILDREDS ALLERGENS MENU

**FOR YOUR SAFETY AND WELLBEING PLEASE FIRST CAREFULLY READ THE FOLLOWING**

- If you have an allergy it is very important we are made aware of it and the severity.
- If the allergy is life threatening you must be carrying an epi pen and liaise with the manager.
- You should only order from the allergen menus but still be aware you dine at your own risk.
- Your food must have an allergy flag present when your dish is brought to the table.
- Many dishes have been made with vegan and gluten free ingredients but despite stringent measures used we cannot rule out cross contamination as we do not operate an allergen free kitchen.

All dishes are vegan unless marked as follows      nv=non-vegan

- \* Elements of this dish have been cooked on a charcoal grill which may contain gluten
- \*\* Elements of this dish have been cooked in a fryer that may contain gluten, soya, sesame, nuts
- \*\*\* Elements of this dish have been processed in an environment that contains milk, gluten, sesame, nuts

**STARTERS AND SIDES** Focaccia, olive oil, balsamic \*GLUTEN, SULPHITES Cornbread, lime chilli butter \*GLUTEN, SOYA

Sweet potato, black bean, coconut soup, cornbread \*GLUTEN, SOYA 5

Gyoza dumplings, sweet chilli and soya dip \*GLUTEN, SESAME, SOYA \*CONTAINS ALCOHOL 6

nv/ gf\* Halloumi, chargrilled leek and peppers, smoked chilli jam \*MILK 7

nv Hot cherry tomatoes, garlic and zaatar spiced oil, lemon, yoghurt, pita bread \*MILK, GLUTEN, SULPHITES 6

Hoummus, rose petal harissa, flatbread \*GLUTEN, SOYA, SESAME, SULPHITES 6

\* Roman style artichokes, chargrilled on crostini, smoked garlic aioli \*GLUTEN, MUSTARD, SOYA, SULPHITES 7

nv Pizzetta, trumpet mushrooms, mozzarella, truffle paste \*GLUTEN, MILK 7

nv Mac and cheese, pumpkin and smoked cheddar, sage crumb \*EGG, MILK, GLUTEN, MUSTARD 5

gf Persian spiced chickpeas, tomato black lime, rose petal harissa \*SULPHITES, SOYA 5

gf Broccoli, garlic, chilli, lemon, olive oil 5

gf\* Grilled aubergine, saffron tahini, pomegranate, pomegranate molasses \*SESAME 4

gf Smashed avocado, lime, chilli, organic corn chips 5

gf\*\* Side of green falafel, tahini, lemon \*SESAME 4

\*\*\* Side of mock chicken \*SOYA 4

gf\*\* Fries, chipotle ketchup or tomatillo coriander mayo \*SOYA, MUSTARD, CELERY 3

gf\*\* Sweet potato fries, chipotle ketchup or tomatillo coriander mayo \*SOYA, MUSTARD, CELERY 4

## BURGERS AND MAINS

\*\*\* Bourbon buffalo chicken burger, ranch dressing, onion, gherkin, iceberg lettuce, charcoal brioche 9

hot or not, \*GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES \*CONTAINS ALCOHOL

\*\* Mexican black bean burger, chilli, sweetcorn relish, tomatillo coriander mayo, lettuce, onion, 8

achiote bun \*GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES

add monterey jack \*MILK or vegan cheese \*SOYA extra 1      add sliced avocado extra 2

nv Halloumi burger, chargrilled aubergine, rocket, red onion, harissa, tahini, flatbread 8

\*GLUTEN, MILK, MUSTARD, SESAME, SULPHITES

gf Soul bowl, carrot, beetroot, quinoa, cherry tomato, dates, parsley, mint, kale, shiitake mushroom 12

avocado, cashew cheese, mixed sprouts, seeds, sesame dressing \*NUTS, SESAME, SOYA

\*\*\* Tandoori chicken, black dahl, roti bread, raita, carrot and nigella seed salad, mango chutney, lime 13

\*GLUTEN, MUSTARD, SOYA

\*\* Wood roasted mushroom and ale pie, minted mushy peas, fries \*GLUTEN, SULPHITE, SOYA, CELERY \*CONTAINS ALCOHOL 12

gf Sri lankan curry, sweet potato, green bean, roasted lime cashews, pea basmati rice, 13

coconut tomato sambal \*MUSTARD, NUTS

Green falafel, ruby red freekeh, saffron tahini, green chermoula, spicy spinach, grilled aubergine 12

\*SESAME, GLUTEN

\*\* Smoked tofu, fennel, apple, white bean sausages and mash, panfried hispi cabbage, peas, dill, 12

cider gravy \*SOYA, GLUTEN, CELERY \*CONTAINS ALCOHOL

12.5% optional service charge will be added to your bill