

MILDREDS WEEKEND LUNCH ALLERGEN 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 vo=vegan option

* 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

Rosemary focaccia, olive oil	*GLUTEN, SULPHITES	3
Cornbread, lime chilli butter	*SOYA	3
Mixed olives		2.5

STARTERS AND SIDES

gf	Skordalia , charred cauliflower, spring onions, almonds	*NUTS, SULPHITES	6
	Pea and shallot ravioli , fresh pasta, herb butter, asparagus, broad beans, baby spinach	*GLUTEN	7
	Dashi dumplings , shiitake mushrooms, choy sum	*GLUTEN, SESAME, SOYA *ALCOHOL	6
nv/ gf*	Halloumi , charcoal roasted leek and peppers with smoked chilli jam	*MILK	7
nv	Hot cherry tomatoes , garlic, zaatar spiced oil, lemon, yoghurt, pita bread	*MILK, GLUTEN, SULPHITES, SESAME	6
gfo	Hoummus , lemon chilli chickpeas, flatbread	*GLUTEN, SESAME, SULPHITES	6
gfo*	Roman style artichokes , chargrilled on crostini, smoked garlic aioli	*GLUTEN, MUSTARD, SOYA, SULPHITES	6
gf	Tenderstem broccoli , garlic, chilli, lemon, olive oil		5
gf*	Grilled aubergine , pomegranate, mint and pistachio pesto	*NUTS	4
gf	Smashed avocado , pebre, organic blue corn chips		5
gf**	Baby kale and crispy lotus salad , ponzu dressing, perilla sesame seasoning	*SOYA, SESAME	4
***	Side of mock chick'n	*GLUTEN, SOYA	4
**	Fries , chipotle ketchup or tomatillo mayo	*SOYA, MUSTARD, CELERY	3.5
**	Sweet potato fries , chipotle ketchup or tomatillo mayo	*SOYA, MUSTARD, CELERY	4.5

BURGERS AND MAINS

***	Bourbon buffalo chick'n burger , ranch mayo, onion, gherkin, iceberg lettuce, charcoal brioche bun	*GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES *ALCOHOL	9
**	Mexican black bean sweet potato burger , jalapeno, sweetcorn relish, tomatillo mayo, butter lettuce, onion, achiote brioche bun	*GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES	8
	add mature cheddar *MILK or vegan cheese *SOYA 1 add sliced avocado		2
nv	Halloumi burger , chargrilled aubergine, rocket, onion, harissa, sun blushed tomato tahini, flatbread	*GLUTEN, MILK, MUSTARD, SESAME, SULPHITES	8
gf	Soul bowl , carrot, beetroot and quinoa salad, cherry tomatoes and dates, baby kale and shiitake mushroom salad with a sesame soya dressing, topped with avocado, cashew cheese, mixed sprouts and seeds	*50p go to compassion in world farming *NUTS, SESAME, SOYA	13
***	Tandoori chick'n , black dahl, roti, raita, house made mango chutney, lime, carrot, nigella seed salad	*GLUTEN, MUSTARD, SOYA	14
**	Wood roasted mushroom and ale pie , minted mushy peas, fries	*GLUTEN, SULPHITES, SOYA, CELERY *ALCOHOL	12
gf	Sri lankan curry , sweet potato, green bean, roasted cashews, pea basmati rice	*NUTS, MUSTARD	13
	Red dragon stir fry , fresh noodles, gochujang chilli paste, choy sum, chinese leaf, baby corn, tofu puffs, peanuts, tenderstem broccoli, crispy shallots	*GLUTEN, SOYA, PEANUTS, SESAME	13
gf**	Caribbean jerk tofu , rum and guava glazed tofu, rice and peas, mango slaw, hemp seeds, avocado, fried plantain	*SOYA*ALCOHOL	13

at busy times we cannot modify any dishes

12.5% optional service charge will be added to your bill