

# MILDREDS 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

Rosemary focaccia, olive oil \*GLUTEN, SULPHITES 3                      gf **Mixed olives** 2.5  
 gf **Cornbread**, lime chilli butter \*SOYA 3                                      gf **Smashed avocado**, pebre, blue & yellow corn chips 5

## STARTERS

**Ravioli of peas and shallot**, fresh pasta, herb 'butter', asparagus, broad beans, baby spinach \*GLUTEN 7  
**Dashi dumplings**, shimenji mushrooms, choy sum \*GLUTEN, SESAME, SOYA \*ALCOHOL 6  
 gf **Skordalia**, fire roasted sweet stem cauliflower and spring onions, toasted almonds \*NUTS, SULPHITES 6.5  
 gf **Hummus**, lemon chilli chickpeas, flatbread \*GLUTEN, SESAME, SULPHITES 6  
 nv/ gf\* **Halloumi**, charcoal roasted leek and peppers, smoked chilli jam \*MILK 7

## SIDES

gf **Tenderstem broccoli**, garlic, chilli, lemon, olive oil 5  
 gf\* **Grilled aubergine**, pomegranate, mint and pistachio pesto \*NUTS 4  
 \*\* **Baby kale salad**, radish, ponzu dressing, sesame perilla seasoning, crispy shallots \*SOYA, SESAME, GLUTEN 4  
 \*\*\* **Side of mock chick'n** \*GLUTEN, SOYA 4.5  
 gf **Side of black venus rice**, sesame perilla seasoning \*SOYA, SESAME 4

## BURGERS

\*\*\* **Buffalo chick'n burger**, ranch mayo, onion, gherkin, iceberg lettuce, charcoal brioche bun 9  
 \*GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES  
 \*\* **Mexican black bean sweet potato burger**, jalapeno, sweetcorn relish, tomatillo mayo, butter lettuce, 8  
 onion, achiote brioche bun \*GLUTEN, SOYA, MUSTARD, CELERY, SULPHITES  
 nv **Halloumi burger**, chargrilled aubergine, rocket, onion, harissa, sun blushed tomato tahini, flatbread 8  
 \*GLUTEN, MILK, MUSTARD, SESAME, SULPHITES  
 \*\* **Fries**, chipotle ketchup or tomatillo mayo \*SOYA, MUSTARD, CELERY 3.5  
 \*\* **Sweet potato fries**, chipotle ketchup or tomatillo mayo \*SOYA, MUSTARD, CELERY 4.5  
**add mature cheddar** \*MILK or **vegan cheese** \*SOYA 1.5                                      **add sliced avocado** 2

## MAINS

gf **Soul bowl**, carrot and beetroot quinoa salad, cherry tomatoes and dates, apple agave dressing, 13  
 baby kale and shiitake, mushroom salad, sesame soya dressing, topped with avocado,  
 cashew cheese, seeds \*NUTS, SESAME, SOYA  
 \*\*\* **Tandoori chick'n**, black dahl, roti, raita, house made mango chutney, lime, carrot, nigella seed salad 14  
 \*GLUTEN, MUSTARD, SOYA  
 \*\* **Wood roasted mushroom and ale pie**, minted mushy peas, fries\*GLUTEN, SULPHITES, SOYA, CELERY \*ALCOHOL 12  
 gf **Sri lankan curry**, sweet potato, green beans, roasted cashews, pea basmati rice \*NUTS, MUSTARD 13  
 gf **Gochujang stir fry**, choy sum, chinese leaf, baby corn, tender-stem broccoli, tofu puffs, peanuts, 13  
 crispy shallots. Choice of black venus rice or fresh shanghai noodles\*GLUTEN, SOYA, PEANUTS, SESAME  
 gf\*\* **Caribbean jerk tofu**, rum and guava glazed tofu, rice and peas, mango slaw, hemp seeds, 13  
 avocado, fried plantain \*SOYA\*ALCOHOL

- \* 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

at busy times we cannot modify any dishes

12.5% optional service charge will be added to your bill