

# MILDREDS

SOYA FREE

## BREAKFAST & BRUNCH

**DATE & APPLE PORRIDGE** 5.5  
creamy GF porridge, cinnamon bramley apples, date butter

**SMASHED AVO TOAST** G MS 7.5  
slow roasted tomatoes, pumpkin seeds, toasted sourdough

**TOASTED COCONUT BREAD** G 7.5  
morello compote, candied coconut yoghurt

**CHEEZY BEAN TOAST** G 8.5  
house baked beans, smoked vegan cheeze  
ADD smashed avocado 2

**HOME FRIES** 3.5

**ADD ONS**  
smoked vegan cheeze 1.5      avocado 2

## MAINS

**KIRI HODI** MS N 13.5  
coconut curry leaf sauce, sweet potato, green beans, pea basmati, tomato sambal, coconut cashews

## SIDES

**BATATA HARRA** MS SU 4.5  
crispy spiced potatoes

**GLAZED HEIRLOOM CARROTS** 5  
soft herbs, pomegranate

## STARTERS & SHARERS

**HUMMUS & AMBA** G MS SS SU 6  
apricot amba, apricot harissa, pita bread

**AUBERGINE TIGANITES** 6  
pomegranate beetroot ezme, dill tzatziki

**ROMAN ARTICHOKE** SU 7  
panelle, herb cream, soft herbs

**CHARRED HISPI** MS PN SU 7  
salsa de cacahuete, crushed peanuts

**HALDI GOBI** G MS 8  
marsala cauliflower, coriander yoghurt, crispy boondi

**AL PASTOR PORTOBELLO** 5.5/10  
blue corn taco, jalapeño sour cream, pickled red onion

## DESSERTS

**CRÈME BRÛLÉE** 7  
forest berry compote, coconut tuille

**CARROT CAKE STICKY TOFFEE** 7  
toffee sauce, cream cheese chantilly

**PINK WEDNESDAY TRUFFLES** A 3  
coconut rum white chocolate

ALL OUR DISHES ARE VEGAN. NOT ALL INGREDIENTS ARE LISTED ON THE MENU.  
SPEAK TO THE TEAM IF YOU HAVE ANY ALLERGIES OR INTOLERANCES.

ALLERGEN GUIDE  
ALCOHOL - A

CELERY - C  
GLUTEN - G

MUSTARD - MS  
NUTS - N

PEANUTS - PN  
SESAME SEEDS - SS

SULPHITES - SU  
SOYA - SY

[WWW.MILDREDS.CO.UK](http://WWW.MILDREDS.CO.UK)

 [MILDREDSRESTAURANTS](https://www.instagram.com/mildredsrestaurants)

\*Allergen information is available in all of our restaurants and on our website at [www.mildreds.co.uk/allergen-menus](http://www.mildreds.co.uk/allergen-menus). Please ask a member of staff to view the allergen menu, and let our team know if you have any allergens or intolerances when ordering. Whilst we take all reasonable precautions to prevent cross contamination, as our food is prepared & freshly cooked to order, there may be a risk that traces of all allergens can be found in any dish. We do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. Vegan chick'n: although our vegan chick'n is made with entirely plant-based ingredients, we are unable to guarantee the absence of whey protein (milk), egg and peanut during the production process and we advise that you avoid this product if you have an allergy to any of these foods. Gluten: food items stated as gluten conscious are not made with gluten, however some dishes are cooked in our fryers that have also been used to cook wheat products. As a result, we cannot 100% guarantee that there will be no cross-contamination. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.