

THE SHIRES INN

★ PEATLING PARVA ★

Starters

Malt crunch loaf with olives and dipping oils
Gluten free, soya free and vegan. Please specify if gluten free or vegan 4.95

Wild mushroom, white truffle & roasted cashew pate with toasted sourdough & salted butter
Gluten free, vegan and soya free 5.95

Cream of tomato soup with malt crunch loaf and salted butter
Gluten free, vegan, soya free 5.95

Quinoa, spinach and sweetcorn fritters with sweet chilli sauce
Gluten free, vegan, soya free 5.95

Mains all 15.95

Roasted vegetable nut cutlet with a tomato and herb sauce.
Gluten free, soya free and vegan.

Stuffed whole pepper with authentic vegetable and chickpea bhuna with pilau rice and mango chutney.
Gluten free, soya free and vegan.

Assorted mushroom stroganoff with market fresh vegetables and a timbale of rice.
Gluten free, soya free and vegan.

Mixed vegetable stir fry with a ginger and soy glaze.
Gluten free, soya free and vegan.

BBQ jackfruit burger with fresh salad and chunky chips.
Please specify either gluten free or vegan bun.

Portobello mushroom, sweet potato & seed Noisettene wellington with rich stock gravy
Vegan, contains gluten and soya

Desserts

Trio of Noel's gelato, available in vanilla bean, morello cherry, maple & pecan, raspberry, fig & walnut, chocolate hazelnut & black forest gateaux.
Gluten free & vegan. 7.95

Trio of Noel's sorbet, available in forest fruit, coconut, mango, lemon & summer fruits.
Gluten free, soya free & vegan. 7.95

Chocolate chip & oreo brownie
Gluten free, vegan, contains soya 7.95

Fresh fruit salad with whipped cream or ice cream
Vegan, gluten free 7.95

Dark chocolate & cherry blondie
Vegan and gluten free 7.95

Vanilla & raspberry crème brulee
Vegan & gluten free, contains soya 7.95

The Shires Free-from Menu

All our food is prepared in our kitchen where nuts, cereals containing gluten and other allergens are present. Our menu descriptions do not include all our ingredients. If you have a food allergy or intolerance, please let us know before and whilst ordering