

THE COURTYARD
BAR & RESTAURANT



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HOTEL
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THE COURTYARD

BAR & RESTAURANT

HEALTHY EATING MENU (VEGAN/VEGETARIAN/LACTOSE FREE)

APPETISERS AND SNACKS

House Baked Breads Selection £6.95 <i>Treacle & Guinness Bread. Pumpkin Seed & Fennel Wheaten, Rosemary & Sea Salt Focaccia, Tapenade, Butter, Balsamic Oil (Veg)</i>	Toasted Flat Bread £7.95 <i>Sweet Chilli Hummus, Smoked Tomato Oil, Pomegranates, Dukkah (Vegan) (Lactose)</i>
	Crispy Vegetable Samosas £7.95 <i>Baby Leaf Salad, Mango Chutney (Veg)</i>

STARTERS

Todays Soup £6.95 <i>House Baked Bread (Vegan) (Lactose Free)</i>	Pearls Of Melon £7.95 <i>Berry Compote, Apple Sorbet, Basil (Vegan) (Lactose Free)</i>
Waldorf Salad £10.95 <i>With Crispy Feta Cheese - Candied Walnuts, Apple, Grapes, Lemon Aioli, Sour Dough Croutons (Veg)</i>	Crispy Halloumi Fritters £8.95 <i>Chilli Jam, Mint Yogurt (Veg)</i>
	Wild Mushroom & Mozzarella Arancini £9.95 <i>Rocket, Truffle Aioli, Basil Pesto (Veg)</i>

MAINS

Crispy Salt & Chilli Tofu £18.95 <i>Asian Stir Fried Vegetables, Lime, Braised Basmati Rice, Toasted Sesame Soy & Chilli Dressing (Vegan) (Lactose Free)</i>	Wild Mushroom & Pumpkin Seed Nut Roast £18.00 <i>Maple Glazed Root Vegetables, Cavolo Nero & Tender Stem Broccoli, Crushed Comber Potatoes, Curried Cauliflower Sausage, Vegan Gravy (Vegan) (Lactose Free)</i>
Pan Seared Chickpea & Sweetcorn Burger £18.95 <i>Lettuce, Beef Tomato, Ballymaloe Relish, Spicy Vegan Mayo, Curried Kohlrabi, Sweet Potato Fries (Vegan) (Lactose Free)</i>	Curry of the Day <i>See Specials. (Vegan) (Lactose Free)</i>
	Waldorf Salad With Crispy Feta Cheese £19.95 <i>Candied Walnuts, Apple, Grapes, Lemon Aioli, Sour Dough Croutons. Served With Triple Cooked Chips (Veg)</i>

SIDES £4.95

- Fresh Cut Chips
- Skinny Fries
- Sweet Potato Fries
- Crushed Comber Potatoes With Shallot, Garlic & Herb Butter (Vegan/Lactose Free Available)
- House Slaw (Vegan available)
- Crispy Red Onion Rings (Vegan/Vegetarian)
- Green Salad (Vegan/Vegetarian/Lactose free)
- Champ (Vegetarian)
- Mashed Potato (Vegetarian)
- House salad (Vegan/Vegetarian/Lactose Free)

SAUCES £3.50

- Vegan Gravy (Lactose Free)
- White Wine & Garlic Cream (Vegetarian)

DIPS £2.00

- Sweet Chilli (Vegetarian)
- BBQ (Vegetarian)
- Vegan Mayo
- Chilli Mayo (Vegetarian)
- Garlic Mayo (Vegetarian)

DESSERTS

Dark Chocolate Torte £8.95 <i>Raspberry Puree, Vanilla Soya Ice Cream (Vegan) (Lactose Free)</i>	Chocolate Orange Pudding £8.95 <i>Chocolate Sauce, Vanilla Soya Ice cream (Vegan) (Lactose Free)</i>
	Fruit & Berry Salad £7.00 <i>Duo of Sorbet (Vegan) (Lactose Free)</i>

Allergens: Please advise your server of any food allergies at the time of ordering.
All food is freshly prepared in our Hotel Kitchen. This is not an allergen free environment.
For "No Added" options, please speak to your server.