

The Ingredientist

AUTUMN/WINTER LUNCH SHOOT MENU

£25pp (1 Meat OR Fish Main + 1 Vegetarian Main | 2 Sides | 1 Dessert)

£30pp (1 Meat OR Fish Main + 2 Vegetarian Mains | 2 Sides | 1 Dessert)

Extra Meat OR Fish Main - £6pp

MAIN MEAT OR FISH OPTION

SEASONAL SPICE PORK TENDERLOIN (GF)
with mixed leaf salad & fresh apple salsa

GARLIC & ROSEMARY DUCK BREAST (GF)
on a bed of rocket with pomegranate seeds & molasses

SLOW BRAISED MOJITO CHICKEN THIGHS (GF) HOT
with fresh lime & mint

LEMON MISO BAKED SALMON (GF) HOT
with honey drizzle

GARLIC, GINGER & CORIANDER KING PRAWNS (GF)
with fresh tomato salsa

MAIN VEGETARIAN

MISO AUBERGINE & MAPLE CHICKPEA TRUFFLES (V, Vg, GF)
with harissa vegan yogurt

BAKED SWEET POTATO & CHICKPEA FRITTERS (V, Vg, GF) HOT
with sriracha vegan yogurt

MOJITO BAKED TOFU (V, Vg, GF)
with vegan tzatziki

MUSHROOM & CARAMELISED ONION TARTLETS (V, GF) HOT
with feta crumble

SUNDRIED TOMATO & GREEN PESTO SAVOURY MUFFINS (V, Vg, GF)

V = Vegetarian | Vg = Vegan | GF = Gluten Free

SIDES

BEETROOT QUINOA TABBOULEH (V, Vg, GF)

RAINBOW QUINOA SALAD (V, Vg, GF)

MIXED LEAF & EDAMAME SALAD (V, Vg, GF)

NEW POTATOES WITH FRESH MINT PEA BUTTER (V, Vg, GF)

ROSEMARY & THYME ROASTED ROOT VEGETABLES (V, Vg, GF)

HONEY SESAME ROASTED SWEET POTATO & SQUASH (V, GF) (Contains: Sesame)

KALE & MUSHROOM GIANT WHOLEWHEAT COUS COUS (V, Vg)

DESSERT

BANANA & PEANUT BUTTER CUP CAKES (V, Vg, GF)

SIGNATURE VEGAN BROWNIE (V, Vg, GF)

MATCHA GREEN TEA MOCHI (V, Vg, GF)

BLUEBERRY & DATES CHEESECAKE (V, Vg, GF)

LIME & MINT PANNA COTTA (V)
with rum salted caramel