

# VEGAN MENU

Although the meals on this menu are all made from vegan ingredients, we still need to know if you have an allergy or intolerance, please speak to a member of staff before you order your food and drinks. Full allergen information is available at [toast.marstons.co.uk](http://toast.marstons.co.uk).

## GRAZERS

**Crispy Potato Skins with BBQ Jackfruit** **V\*** £3.69  
UNDER 350 CALS

**Olives & Ciabatta** **V** £3.69  
UNDER 500 CALS

Green & black olives, garlic cloves & garlic ciabatta slices. With olive oil & balsamic vinegar.

**Buffalo Cauliflower Wings** **V\*** **GF** £3.69  
UNDER 200 CALS

Florets of cauliflower coated in a rich smoky BBQ coating tossed in a BBQ sauce.

**Garlic Bruschetta** **V** £3.69  
UNDER 250 CALS

Garlic ciabatta topped with an onion and tomato salsa, mixed with a chilli, coriander, lime & mint dressing, topped with rocket.

## MAINS

**Aubergine Pasta** **V** £6.69  
Rigatoni pasta in a rich tomato sauce with aubergine, paprika and red wine served with garlic ciabatta and a side salad.

**Veggie Fishless Fillets** **V\*** £7.69  
Quorn™ fish-style fillets in a crispy salt and vinegar batter. With chips and a choice of garden or mushy peas.

Upgrade chips **V\*** to sweet potato fries **V\*** for £1

## SALADS

A bed of crisp mixed leaves, rocket, red onion, slices of tomato, cucumber & carrot ribbons. Topped with a seed mix and dressed in a chilli, coriander, lime & mint dressing. Top it with your favourite from below:

### TOPPERS

**Buffalo Cauliflower Wings** **V\*** UNDER 300 CALS £7.19

**Red Pepper & Mushrooms** **V** UNDER 300 CALS £6.99

### EXTRAS

**Mixed Olives** **V** UNDER 150 CALS £1.25

**Garlic Ciabatta** **V** UNDER 250 CALS £1.29

## SANDWICHES AND WRAPS

Choose between slices of white or multigrain bloomer or a soft tortilla wrap. Served with a side of chips.

**Red Pepper & Guacamole** **V\*** UNDER 650 CALS £5.49  
Slices of grilled red pepper & smooth guacamole.

Upgrade chips **V\*** to sweet potato fries **V\*** for £1

## BURGERS

Served in a toasted seeded bun, topped with beer-battered onion rings, a salad garnish, a pot of burger relish and a side of chips.

**The Jackfruit Burger** **V\*** **GF** £7.99 L £9.99  
A grilled soya burger topped with BBQ jackfruit.

**Grilled Soya Burger** **V\*** UNDER 500 CALS £6.49 L £8.49

### LIGHTEN THE LOAD

Enjoy your Grilled Soya Burger without the chips and served with a side salad & burger relish.

### BURGER BOOSTERS

**Jalapeños** **V** £0.50

**Fried Onions** **V** £0.50

**Sauteed Mushrooms** **V** £0.75

Upgrade chips **V\*** to sweet potato fries **V\*** for £1

## SIDES

**A Dozen Beer-Battered Onion Rings** **V\*** £2.49

**Salad Bowl** **V** £1.99

**Chips** **V\*** £1.99

**Sweet Potato Fries** **V\*** £2.99

**Garlic Ciabatta Slices** **V** £2.29

## DESSERTS

**Bramley Apple Pie** **V** UNDER 500 CALS £3.49  
With vegan vanilla flavour ice cream.

**Ice Cream Sundae** **V** UNDER 300 CALS £3.99  
Vegan vanilla flavour ice cream with strawberry sauce.

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Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'May contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns.

Full allergen information is available at the bar or visit [toast.marstons.co.uk](http://toast.marstons.co.uk). All dishes are suitable for vegans and vegetarians. \*We cannot guarantee these dishes have been cooked in dedicated vegan fryers. Please ask a member of staff for more information. Offers cannot be used in conjunction with any other promotion. (<200kcal) (<250kcal) (<300kcal) (<350kcal) (<500kcal) (<650kcal) \*Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces that may be added by the customer. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub.