

# Dairy-free Winter Menu 2019-20

Welcome to the Swan Inn

If you have any dietary or allergy requirements staff will be happy to advise

(OLIVE OIL OR DAIRY FREE SPREAD IS USED)

If you are dairy free and gluten free, then please select meals that have this symbol (GF) next to them. Gluten free buns will replace bread options on this menu.

## Starters

- Soup of the Day, with crusty bread £5.50 (GF)
- Avocado & Cherry Tomatoes Bruschetta, avocado drizzled with balsamic vinegar £6.50 (GF)
- Fried Garlic Mushroom Bruschetta, with parsley £6.50 (GF)
- Baked Ciabatta, olive oil & balsamic vinegar £4.50
- Cheesy Nachos, Portuguese peppers, tomato salsa & sundried tomato hummus £6.50 (GF)

## Light Bites

- Vegetarian Delight, (Granary Bread) sliced avocado, red pepper, mango chutney, rocket, cherry tomatoes & cucumber crisps £8.50 (GF)
- Vegan Cheese and Tomato Pizza, artichokes, peppers & olives, salad garnish £9.50
- Avocado, Garlic Mushrooms & Cherry Tomatoes on toasted ciabatta, salad garnish £8.95 (GF)

## Mains

- Steak & Ale Pie, seasonal vegetables & choice of potatoes (pastry brushed with soya milk) £14.00
- Wagyu Beef Burger, on a vegan bun with bacon & vegan cheese served with chips £14.50 (GF)
- Roast Guinea Fowl, caramelised apple, calvados jus (vegan cream) mash, vegetables £15.95 (GF)
- Vegetable Thai Red Curry, wholegrain rice, coriander, lime wedges £13.95 (GF)
- Moroccan Spiced Lamb Tagine, aromatic stew of meltingly tender meat, chickpeas, dried fruit, fruity Couscous pomegranate yogurt & fresh mint £13.95 (GF)
- Sweet Potato Katsu Curry, jasmine rice, mushrooms, tender stem broccoli & pine nuts £13.95 (GF)
- Vegan Cheese and Tomato Pizza, artichokes, peppers & olives, chips and salad £12.95
- Mushroom, Leek & Chestnut Pie, choice of potatoes, red wine & mushroom gravy, winter vegetables. (pastry brushed with soya milk) (contains nuts) £13.95
- Kashmir Dahl curry, whole-grain rice, mango chutney & poppadum £12.95
- Sweet Potato, Chickpea & Spinach Stew, wholegrain rice, lime wedge, toasted peanuts. (This dish also contains peanut butter) £13.95 (GF)
- Vegan Full English, two vegan sausages, hash brown, baked beans, grilled tomatoes, fried chestnut mushrooms, avocado, toast & marmalade. £9.50 May not be available if busy

## Sides

Crusty Bread	£3.50	Chips	£3.30	Mixed salad	£3.50
Coleslaw	£2.20	New Potatoes	£3.30		
Garlic Bread	£3.00	Olives	£2.50		