

VEGGIE MENU

STARTERS

Nachos 🌱

£6.50

With salsa, guacamole, spicy jalapeños and melted cheese.

Stuffed Pepper (VG)

£6.50

Slow cooked mushrooms and tomatoes with rice and a breadcrumb crust.

Soup of the Day (VG)

£6.50

Served with a crusty Ciabatta. Please ask the staff about today's soup option.

Garlic Mushrooms

£6.95

Sautéed mushrooms with a brandy cream sauce. Served with a garlic bread.

Halloumi Sticks 🌱

£7.50

Served with a sweet chilli and lime dipping sauce.

Crispy Gyozas (VG) 🌱

£7.50

Crispy vegetable wontons. Served with a dragon sauce.

MAINS

Bangkok Bad Boy (VG) 🌱

£13.00

Thai inspired bean burger with chilli jam, tomato and little gem.

Mushroom Lasagne

£12.95

Mixed wild mushrooms in a rich tomato sauce. Served with garlic bread.

Zacheroff & Halloumi Sizzler

£12.95

Served with mushrooms, peppers, onions, fries and a tortilla wrap.

Dragon Noodles (VG) 🌱

£11.95

Mushrooms, peppers and onions with dragon sauce.

Veggie Katsu Curry 🌱

£14.00

Quorn fillet served with charred broccoli and jasmine rice.

The Nutty 'Piefessor'

£12.95

Baked nut roast in a puff pastry. Served with hand-cut chips and seasonal veg.

Veggie Tart (VG)

£13.95

Served with balsamic glaze, blushed tomatoes and Harissa with paprika fries.

Mushroom Stroganoff 🌱

£12.95

Wild mushrooms cooked in a spiced cream sauce with jasmine rice.

We're a Social Bunch!

Find us @the_ship_at_redmarshall



VEGGIE PARMOS

Medium: £14.50 Large: £18.50

The Classic

Taking you back to 1958 with the original! Coated with bechamel sauce and topped with a mountain of cheese.

My Big Fat Greek Parmo

Half classic and half zacheroff parmo with a tomato, mushroom and herb sauce.

The FunGuy

From our neighbours across the channel. A classic parmo topped with sautéed garlic mushrooms.

El Chapo 🌶️

¡Hola amigos! A taste of Mexico with nachos, salsa, sliced jalepeño and guacamole.

Kiev

From Russia with love! Classic parmo with a lashing of tasty garlic and herb butter.

Made in China 🌶️

Inspired by the Far-East! Salt and pepper stir fry consisting of peppers, onions and bean-sprouts.

Tandoori Sizzler

Served on a sizzling skillet with peppers, onions and tomatoes with a dash of mint sauce.

* This parmo carries a £1 supplement

Go Nutz!

A twist on the PB & J! Peanut satay sauce coating with a dollop of chilli and ginger chutney.

Peking Pancakes

An Oriental fusion of 'Boro' and China! Sticky hoisin sauce sprinkled with sesame seeds and pancakes.

Spicy Buddha 🌶️

Smothered with sweet chilli sauce. Topped with crispy noodles. This parmo packs a punch!

Redmarshall Sizzle

Putting Redmarshall on the map! Peppers, onions and tomatoes. Served on a sizzling skillet with BBQ sauce.

Yankee

This 'home-run' of a parmo is layered with American mustard, ketchup, gherkins and sweet onions.

Witch Doctor* 🌶️

A parmo with a fiery note of Birds-Eye chillies! Coated with Peri Peri sauce and grilled halloumi.

The Drunken Rasta**

The spirit of Jamaica! Fruity Jerk sauce with peppers, onions and a shot of rum that is set on fire at the table.

** This parmo carries a £2 supplement

VEGAN DESSERTS

Served with vegan ice cream.

Chocolate Cheesecake (VG)

£6.50

Bourbon biscuit with dark chocolate ganache with a caramel sauce.

Chocolate Hazelnut Delice (VG)

£6.50

A rich dark chocolate truffle. Topped with roasted hazelnuts.

(VG)

Vegan Friendly Dish

