



## Plantologist Menu

### Starters

#### Onion Bhajis

£7.50

Topped with mint raita, mango chutney and poppadom shards. Placed on a garlic naan.

#### Garlic Mushrooms

£7.50

Sliced button mushrooms sautéed in a brandy cream sauce. Served on a garlic ciabatta.

#### Crispy Wontons

£8.00 | VE

Infused with lemongrass and lime leaf. Paired with a honey, soy and sriracha dipping sauce.

#### Sesame Quorn Strips

£8.50

Crispy tenders smothered in a sticky Tennessee BBQ glaze and purple slaw.

#### Halloumi Fries

£8.50

Crispy halloumi drizzled with a spicy chipotle mayonnaise. Finished with sliced spring onions.

#### Salt & Pepper Tots

£7.50 | VE

Stir-fried tater tots with garlic, chilli, peppers, onions and our secret salt & pepper spice.

### Mains

#### Salt & Pepper Quorn Box

£17.00 | VE

Salt and pepper crispy Quorn stir-fried with peppers, onions, tater tots, chips and our secret spice. Paired with katsu curry sauce.

#### Gourmet Sausage Roll

£17.00 | VE

Golden flaky puff pastry with oyster mushroom filling. Served with a chimichurri dressing, crispy onions, chips and salad.

#### Tandoori Halloumi

£17.00

Layered on a garlic naan with peppers, onion, mint yoghurt, mango chutney and poppadoms with a side of bhajis.

#### Pepper-Quorn Chicken

£18.00

Accompanied with a homemade brandy & mixed peppercorn sauce, seasonal vegetables and creamy mash.

#### Quorn Katsu

£18.00

Breaded Quorn strips on a bed of fragrant jasmine rice. Served with katsu curry, spring onions and coriander.

#### Mediterranean Tart

£17.00 | VE

Grilled courgette and peppers in a roasted tomato sauce. Served with a portion of hand-cut chips and a dressed salad.

### *A side note...*

Please note we add an automatic 10% 'team tips' to all bills which is optional. Let your server know to opt out, if you wish. We look forward to seeing you again!

# Veggie Parmos

Small: £16 Regular: £18 Large: £23

## The Classic

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

## My Big Fat Greek Parmo

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

## The FunGuy

Straight from our French neighbours! A parmo topped with sautéed garlic mushrooms.

## El Chapo

¡Hola amigos! A taste of Mexico with nachos, salsa, spicy jalapeños and guacamole.

## Kyiv

All of the flavours of a classic chicken Kyiv. Dressed with 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.

## Spicy Buddha

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

## Fond of U\*

A cheesy twist on a fondue! Strips of parmo to dip into a blend of melted cheeses.

## Angry Panda

A classic parmo laced with hot Sriracha. Served with a prawn cracker crumb.

## Witch Doctor\*

Summon the Witch Doctor with a fiery note of Peri Peri sauce! Topped with grilled halloumi.

## Siniloa Sizzle\*

Fajita spiced peppers and onions. Served on a sizzling skillet with a tortilla wrap.

## Supplements

\* £1 supplement

\*\* £2 supplement

\*\*\* £2.50 supplement

## Sides

### Chunky Chips

£3.00

Hand-cut 'skin on' chips. Twice cooked until golden. Finished with a sprinkling of salt.

### Cheesy Chips

£4.00

Hand-cut chunky chips. Twice cooked until golden. Topped with a blend of melted cheeses.

### Onion Rings

£3.00

Chunky hand-cut onion rings coated in our homemade ale batter. Fried until crispy.

### Garlic Bread

£3.00

Toasted ciabatta smothered in our homemade garlic and mixed herb butter.

### Cheesy Garlic Bread

£3.50

Toasted ciabatta smothered in our homemade garlic and mixed herb butter. Coated with cheese.

### Bistro Salad

£3.00

Mixed leaf salad, cucumber, red onion and grated carrot. Drizzled with honey mustard dressing.



## Key and Allergens...

Any dishes marked with 'VE' is vegan.  
Please inform your server of any food allergies or dietary restrictions.