



Plantologist Menu

STARTERS

Cheesy Loaded Nachos

7

With salsa, guacomole, and spicy jalepeños.

Garlic Mushrooms

7.5

With a brandy and cream sauce and toasted ciabatta.

Crispy Gyozas (VE)

8

Crispy gyozas served with a hot dragon dipping sauce.

Buffalo Cauliflower (VE)

8

Crispy florets tossed in a spicy Buffalo dressing.

Halloumi Sticks

8.5

Served with sweet chilli dipping sauce.

Salt & Pepper Skins (VE)

7.5

Crispy potato skins, garlic, fresh lime & a chilli sauce.

MAINS

Salt & Pepper Strips (VE)

18

Quorn strips with stir-fried veg and chips.

Sweet Potato Tart (VE)

16

Sweet potato, cashew nut sauce and apricot chutney.

Louisiana Burger (VE)

17

Layered with hash brown, salad and hot Buffalo sauce.

Mushroom Lasagne

16

Served with fresh salad and a garlic bread.

Zacheroff Sizzler

16

Halloumi, mushrooms, peppers, onions & chips.

Hot Dragon Noodles (VE)

16

Mushrooms, peppers and onions with dragon sauce.

Veggie Katsu (VE)

18

Served with charred broccoli and jasmine rice.

Nutty 'Piefessor'

16

Baked nut roast in a puff pastry. Served with chips.

Mushroom Stroganoff

16

Cooked in a spiced cream sauce with jasmine rice.

VEGGIE PARMOS

Regular: 18.5 Large: 23.5

The Classic

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

El Chapo

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

Tandoori Sizzler

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

Spicy Buddha

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

Witch Doctor**

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

My Big Fat Greek Parmo

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

Kyiv

Lashings of tasty garlic and herb butter. A donation will be made to the Ukraine appeal.

Go Nutz!

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

Redmarshall Sizzle*

Peppers, onions and tomatoes. Served on a sizzling skillet with BBQ sauce.

The Drunken Rasta***

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

The FunGuy

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

Made in China**

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

Peking Pancakes

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

Yankee*

This parmo is layered with American mustard, ketchup, gherkins and sweet onions.

Supplements

- * £1 supplement
- ** £1.50 supplement
- *** £2.50 supplement

Menu Info

Inform your server of any food allergies or dietary restrictions. 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!

Key

VE - Vegan Friendly