



## Plantologist Menu

### STARTERS

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#### Cheesy Loaded Nachos

£ 6.00

With salsa, guacomole, and spicy jalepeños.

#### Garlic Mushrooms

£ 7.00

With a brandy and cream sauce and toasted ciabatta.

#### Crispy Gyozas (VE)

£ 7.50

Crispy gyozas served with a hot dragon dipping sauce.

#### Buffalo Cauliflower (VE)

£ 7.50

Crispy florets tossed in a spicy Buffalo dressing.

#### Halloumi Sticks

£ 8.00

Served with sweet chilli dipping sauce.

#### Hurricane Potatoes

£ 6.50

Spiralised potato with sriracha and garlic mayo.

### MAINS

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#### Salt & Pepper Strips (VE)

£ 15.00

Quorn with stir-fried veg and Yakuza katsu chips.

#### Sweet Potato Tart (VE)

£ 14.00

Sweet potato, cashew nut sauce and apricot chutney.

#### Louisiana Burger (VE)

£ 14.00

Layered with hash brown, salad and hot Buffalo sauce.

#### Mushroom Lasagne

£ 14.00

Served with fresh salad and a garlic bread.

#### Zacheroff Sizzler

£ 14.00

Halloumi, mushrooms, peppers, onions & chips.

#### Hot Dragon Noodles (VE)

£ 13.00

Mushrooms, peppers and onions with dragon sauce.

#### Veggie Katsu (VE)

£ 15.50

Served with charred broccoli and jasmine rice.

#### Nutty 'Piefessor'

£ 14.00

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

#### Mushroom Stroganoff

£ 14.00

Cooked in a spiced cream sauce with jasmine rice.

# VEGGIE PARMOS

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Medium: £15.50 Large: £19.50

## 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 jalepeños 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, tomatoes with a dash of mint sauce.

## 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 with sesame seeds and pancakes.

## Spicy Buddha

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

## Redmarshall Sizzle\*

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

## Yankee\*

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

## Witch Doctor\*\*

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

## The Drunken Rasta\*\*\*

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

### *Supplements*

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

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## *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!

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## *Key*

VE - Vegan Friendly