



# GO RAW

## 3 COURSE VEGETARIAN MENU

£39.50 per person including a glass of Lanson Green Label Organic Brut Champagne

### STARTERS

#### SLOW COOKED HEN EGG <sup>(VT)</sup> <sup>(GF)</sup>

Herb Puree | Puffed Rice | Buttermilk

234 kcal - Fat 19G - Carbohydrate 8G - Protein 8G - Fibre 1G

#### APPLE WRAPPED BURRATA <sup>(VT)</sup> <sup>(GF)</sup>

Walnuts | Apple | White Balsamic

460 kcal - Fat 32G - Carbohydrate 20G - Protein 25G - Fibre 3G

#### AVOCADO ESCABECHE <sup>(VT)</sup> <sup>(VG)</sup> <sup>(GF)</sup> <sup>(DF)</sup>

Fennel | Pink Grapefruit | Yuzu Caviar

351 kcal - Fat 35G - Carbohydrate 7G - Protein 3G - Fibre 0G

### MAINS

#### PEA & BROAD BEAN POLENTA <sup>(VT)</sup> <sup>(VG)</sup> <sup>(GF)</sup> <sup>(DF)</sup>

Green Jalapeño | Lemon

Mint & Marjoram

149 kcal - Fat 6G - Carbohydrate 19G - Protein 6G - Fibre 4G

#### PULSE BURGER <sup>(VT)</sup> <sup>(VG)</sup> <sup>(GF)</sup> <sup>(DF)</sup>

Served naked or in a GF Bun | Sweet Potato Chips | Herb Vegan Mayonnaise

With bun: 1047 kcal - Fat 56G - Carbohydrate 118G - Protein 24G - Fibre 17G

Naked: 794 kcal - Fat 53G - Carbohydrate 73G - Protein 12G - Fibre 11G

#### COURGETTE SPAGHETTINI <sup>(VT)</sup> <sup>(VG)</sup> <sup>(GF)</sup> <sup>(DF)</sup>

Roasted Vegetables | Basil Pesto | Pine Nuts

301 kcal - Fat 21G - Carbohydrate 13G - Protein 16G - Fibre 3G

### SIDES

#### OYSTER MUSHROOMS <sup>(VT)</sup> <sup>(GF)</sup>

Garlic | White Wine | Herbs

132 kcal - Fat 11G - Carbohydrate 5G - Protein 3G - Fibre 2G

#### HISPI CABBAGE <sup>(VT)</sup> <sup>(GF)</sup>

Horseradish Cream | Onion Purée | Crispy Onions

490 kcal - Fat 45G - Carbohydrate 19G - Protein 5G - Fibre 8G

#### WASABI PEAS <sup>(VT)</sup> <sup>(GF)</sup>

Sugar Snaps | English Peas | Wasabi Crème Fraîche

275 kcal - Fat 22G - Carbohydrate 12G - Protein 7G - Fibre 3G

#### SWEET POTATO FRIES <sup>(VT)</sup> <sup>(GF)</sup>

Herb Vegan Mayonnaise

313 kcal - Fat 17G - Carbohydrate 38G - Protein 3G - Fibre 5G

### DESSERTS

#### DRUNKEN PINEAPPLE <sup>(VT)</sup> <sup>(VG)</sup> <sup>(GF)</sup> <sup>(DF)</sup>

Lemongrass Granita | Mango & Passionfruit Sorbet

348 kcal - Fat 0G - Carbohydrate 81G - Protein 1G - Fibre 2G

#### POACHED NECTARINE <sup>(VT)</sup> <sup>(VG)</sup> <sup>(GF)</sup> <sup>(DF)</sup>

Chocolate Rice Puffs | Coconut Yoghurt | Peach | Lavender

284 kcal - Fat 2G - Carbohydrate 58G - Protein 7G - Fibre 3G



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