



Chocolate Heaven

The Coven

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Desserts

Apple & Blackberry Crumble **V,C**

Apple & blackberry with a coconut & walnut crumble served with either dairy or soya cream.

Sticky Toffee Plum Pudding **V,C**

A rather special sticky toffee pudding made with plums and served with a plum sauce.

Citrus Mess **C**

A 'smashed' meringue with lemon, lime & orange fruit and zest – mixed with double cream.

Chocolate Heaven **R,V,C**

A delicious raw chocolate cake served with a raw chocolate, cashew & macadamia cream and summer fruits steeped in their own juices.

Banoffi Pancakes **V,C**

Caramelised organic banana served wrapped in a pancake with a balsamic syrup glaze and served with dairy or soya cream.



The Coven

Naturally Delicious Food & Drink

Gourmet Menu
September 1st 2011

All food on this menu is Vegetarian
V= Vegan (or vegan option available) C=Coeliac
Safe R = Raw

Entrée R,V,C

Mezze

A selection of antipasti, breads and dips including a selection of raw hummus, falafel and breads.

Starters

'Magic' Mushrooms V,C

Mushrooms marinated in garlic & herbs coated with a mixed-nut breadcrumb served on a bed of mixed leaves with a spicy salsa dip

Spicy Roast Parsnip Soup V,C

Served with herb infused croutons

Pate R,V,C

A raw pate made with peppers, onions, cashew nuts, pumpkin & sunflower seeds served with a raw courgette flatbread.

Wensleydale & Beetroot Salad C

Wensleydale & Warm Beetroot Salad with Wheat/Gluten-Free Garlic Croutons

Breaded Camembert C

Deep-Fried Breaded Camembert with a Sweet Apple & Red Onion Chutney

Palette Cleanser

Cucumber, Grape & Mint Sorbet R,V,C

*"Take your time to enjoy your meal...
We only have one sitting so relax, unwind and savour
great cuisine."*



Apples, plums and blackberries used in this week's dishes were 'foraged' locally last weekend!



Stack Supreme

Mains

Stuffed Portobello Mushrooms C

Portobello mushrooms stuffed with Mozzarella, veggie pesto and sweet chilli served with roasted potatoes and stir-fried peppers

Savoury Pomander

Leek, apple, walnut & Stilton filo-pastry parcel served with roasted vegetables and a creamy leek sauce.

Stack 'Supreme' V, C

Crispy mushroom cutlets & sautéed potatoes layered with a mushroom & onion sauce – optionally served with a cheese soufflé or a butternut squash and sweet potato puree.

Apple & Nut Roast V,C

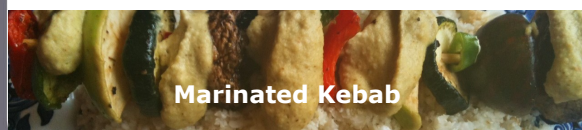
Moist apple & nut roast served with mashed potatoes, stir-fried vegetables and an apple & mustard gravy.

Fruit & Vegetable Kebabs R,V,C

Marinated Mediterranean vegetable & spiced apple kebabs served with a satay dressing on a bed of cauliflower rice tossed in ginger & chilli.

Sweet Potato & Butternut Squash Curry V,C

A sweet & spicy curry made from sweet potatoes, Butternut squash and coconut served on a bed of wild rice.



Marinated Kebab

