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## Autumn 2013 Dishes from around the world

### Starters (£4.95)

**Caribbean: Carrot and Ginger Soup (v)** – *gluten free bread supplied on request.*

**Russian: Buckwheat blinis with Aubergine caviar (v)**

*Aubergines roasted and blended with garlic, lemon, fresh herbs & served with blinis.*

**Sicilian: Peperonata on toasted brioche (v - gluten free bread option).**

*Red and yellow Capsicum peppers, sautéed in virgin olive oil, basil, & fresh tomatoes.*

**Greek: Eggplant and tomato stacks with feta cheese**

*Eggplants & beef tomato slices seasoned, grilled & layered with feta cheese.*

**Cypriot: Halloumi dippers served with home-made chilli jam**

*Back by popular demand-Halloumi tossed in rice flour and flash fried and served with chilli jam.*

### Mains (£10.95)

**South Africa: Bobotie (v):**

*a delicious mixture of curried vegetable,s lentils & fruit with a creamy tofu golden topping (contains almonds).*

**Mexico: Black bean chili with a hint of chocolate (v)**

*Awesome chili, protein packed with black beans, kidney beans, peppers, sweet corn, & carrots, served with savoury brown rice.*

**Turkey: Avocado salad with olives, shredded carrot, chickpeas, green leaves, roasted sweet potato. (v)**

*This salad speaks for it's self a delicious meal on it's own, tossed in a basil & virgin olive oil dressing (a favourite from Gocek).*

**Cajun: Tempeh in cayenne seasoned rice flour with giant couscous (v)**

*Tempeh marinated in Cajun sauce, tossed in seasoned rice flour, lightly fried, and served on a bed of creamed spinach & couscous.*

**Mediterranean: Aubergine's roasted vegetable tart with sweet potato stuffed zucchini**

*Popular addition – roasted vegetables are added to a layer of ricotta on short crust pastry base, and topped with feta.*

### Side Dishes (£2.95)

**Savoury potato wedges (v)**

**Kale salad (v)**

**Green mixed salad (v)**

**Polenta fries (v)**

### Dessert (£4.95)

**Carrot and ginger cake (v)**

**Fresh tropical fruit salad (with ice cream) (v)**

**Strawberry tart (v)**

**Cheese board –selection of vegetarian & organic**

**Two courses: £15.50**

**Three courses: £19.95**

All dishes are vegetarian; (V) indicates vegan. We will try our best to meet your gluten free and wheat free dietary needs, please discuss your needs with the staff who will liaise with the chef.

