



Menu October 2012

Hearty Comfort Food

Starters (£4.95)

Mushrooms cooked in stout with spinach on toasted ciabatta (V)

Halloumi dippers with tomato and chilli jam.

Soup - seasonal of the day (ask your waiter for today's) (V)

Anti-pasti: mixed olives, sundried tomato and mushroom tapenade, served with warm Turkish bread. (V)

Aubergine polenta bites

Main course (£11.95)

Stilton, leek, zucchini and walnut tart with thyme roasted squash

(Walnuts contain essential omega 3 fatty acids, vitamin E, calcium and Iron)

(Mock Beef Stew) Seitan kidney bean & broccoli stew served with boiled rice (V)

(Kidney beans are a good source of fibre, protein, vitamins A and C)

Mixed seasonal vegetable & Pinto bean, chilli in an edible sourdough bowl (V)

(Sourdough and pinto beans helps control blood sugar levels among other benefits)

North African spicy squash, lentil and chickpea curry served with basmati rice and warm naan (v)

(Chickpeas are a good source of folic acid, protein and fibre)

Sage and cider sausage pie filled with apples, onions, & mushrooms, topped with celeriac and potato mash (V option)

(Celeriac is low in calories, high in vitamin B6, vitamin c and vitamin K)

Home Made Desserts (£4.95)

Pumpkin pie with ice cream or cream

Rum chocolate cheesecake made with raw organic cocoa (V)

Maple syrup and pecan cheesecake

Italian affogato: vanilla ice cream with espresso and amaretto. (V)

Ice cream selection (V)

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.

Here at Aubergine Cuisine, we pride ourselves in cooking healthy, nutritious and tasty food, from fresh products with a hint of naughtiness when you get to the desserts. Follow us on face book and twitter; we will also keep you up to date on our website: www.aubergine-cuisine.co.uk.

