

SOPHIE'S

GREEN MENU

VEGETARIAN & VEGAN

BREADS & DIPS

Ciabatta, Soda bread, Kale red pesto, Hummus (1A,1F,4,10) **8.00**

ANTIPASTI ~ TO START

Sophie's Signature Soup (1A,1F,4,9) **8.95**

Ardsallagh Goat's cheese, Beetroot, Lentils, Tomato, Squash Salad (1A,4,13) **13.95**

IL SECONDO ~ MAIN EVENT

Rigatoni Pasta, Peppers & Tomato, Watercress &
Basil oil (1A,7,9,12,13) **16.95**

Flat Cap Mushroom, spinach & Squash
Gnocchi (1A,4,7,9,13) **16.95**

Grilled carrots, Broccoli, Hummus
& Lentils (10,12,13) **V 15.95**

Yellow Thai Veg curry,
Rice, Flatbread (1A,9) **V 16.95**

V = Vegan

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ALLERGEN: 1-Gluten (A-Wheat, B-Spelt, C-Khorasan, D-Rye, E-Barley, F-Oats), 2-Peanuts, 3-Nuts (A-Almonds, B-Hazelnuts, C-Cashews, D-Pecans, E-Brazil, F-Pistachio, G-Macedemia, H-Walnut), 4-Milk, 5-Crustaceans (A-Crab, B-Lobster, C-Crayfish, D-Shrimp), 6-Mollusc, 7-Eggs, 8-Fish, 9-Celery, 10-Soya, 11-Sesame Seeds, 12-Mustard, 13-Sulphur Dioxide & Sulphites, 14-Lupin.

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