

# Teifi Inn

## Vegan and Vegetarian Menu

### Starters

- Chefs Soup** – Delicious homemade vegetarian & vegan soup served with crusty baguette – please ask your server for details (V, Veg, GF) £5.25
- Brie** – Golden nutty brie wedges served with cranberry sauce (V, Veg, GF) £6.95
- Walnut & Beetroot Salad** - Mixed leaf salad drizzled with a sweet & sour dressing of oil, wholegrain mustard, balsamic vinegar & soft brown sugar (V, Veg, GF) £6.95

### Mains

- Dodoma** - Delicious **peanut**, vegetable & mixed pulses stew from Africa served with white rice (V, Veg, GF) £12.50
- Nut Roast** – A medley of mixed **nuts**, orange & cranberries served with seasonal veg and choice of potatoes (V, Veg, GF) £12.50
- Moroccan Vegetable Tagine** – Spicy vegetable tagine with a rich tomato sauce served with cous cous & Nan bread (V, Veg) £11.95
- Vegan Burger** – Veggie burger on a toasted bun served with chips & a crispy salad (V, Veg) £12.95
- Halloumi Burger** – Seasoned fried Halloumi slices in a toasted bun with Chilli jam, crispy salad garnish & chips (Veg) £12.95
- Green Lentil Pie** – Green lentils in a savoury gravy topped with puff pastry, seasonal veg & choice of potatoes (V, Veg, GF) £11.95
- Macaroni Cheese** – Creamy Mac Cheese topped with grilled cheese served with crispy salad & Garlic bread (Veg) £11.50

### Desserts £6.95

- Cheesecake** - Cheese cake of the day (V, Veg GF)
- Crumble of the Day** – Seasonal fruit topped with a Vegan crumble mix (V, Veg, and GF)
- Brownie** – Rich and gooey chocolate brownie (V, Veg)
- Sticky Toffee Pudding** – Delicious toffee pudding covered with warm toffee sauce (Veg, GF)
- Teifi Crush** – Summer fruits, ice cream, meringue and whipped cream (Veg, GF)
- Dessert of the Day** - please ask your server for details

**Key** - V = Vegan   Veg = Vegetarian   GF = Gluten Free

If you have a food intolerance or would like a dish adapted on the menu, please let out friendly servers know. While we offer a gluten free option we are not a gluten free kitchen, cross contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens