

THE **GREEN VALLEY**
ORGANIC & VEGETARIAN RESTAURANT
AT **LANCRIGG**



V denotes Vegan V opt - a Vegan alternative is available GF denotes Gluten Free

Appetisers

(charged as 'extra' to Lancrigg residents)

Toasted tamar doused pumpkin, sunflower & sesame seeds £2.65

Spiced roast nuts £2.85

Bowl of marinated olives with a selection of breads £4.95

Starters

Aubergine, rocket and sun dried tomato pesto rolls
served with a lemon and caper dressing V GF £7.50

Root vegetable rosti topped with mushrooms & Cumbrian rarebit
served with a salad garnish

V opt £7.85

Hazelnut & cream cheese roulade, mulled pears and walnut chutney

V opt GF £7.95

Chefs salad-marinated tofu or rostock red (a local crumbly cheese with red onion)
char grilled vegetables, pesto, olives & seeds served on a bed of leaves with balsamic dressing

V opt GF £7.45 (As a Main course £13.50)

Soup of the day, served with fresh baked bread V GF £4.75

All our food is prepared to order & sometimes there may be a wait between courses

Resident guests at Lancrigg may choose any starter, main, dessert
and coffee as part of their room rate.

Appetisers and cheese boards are charged as extras

THE GREEN VALLEY ORGANIC & VEGETARIAN RESTAURANT



Main Course

Crepe rotolo filled with ratatouille, topped with cheddar cheese,
served with white wine sauce, Jersey Royal new potatoes and fresh salad

V opt £12.80

Tofu burger topped with pesto, char grilled vegetables & mayonnaise
served with paprika wedges, tomato sauce & salad

VGF £12.95

Cajun spiced aubergine, corn cakes & guacamole
served with re-fried beans, tomato salsa & a coriander mojo

VGF £13.75

Mixed nut & apricot roast served with rosemary baked potatoes,
steamed broccoli, carrots and red onion gravy

V £14.25

Special of the day (please ask) £13.65

Side Dishes

Paprika potato wedges £2.95

Steamed fresh vegetables £2.50

Side salad £3.95

It is sometimes difficult for us to obtain regular organic supplies and since we now stock only fully certified ingredients this may necessitate last minute changes to our menu.

We will take as much care as possible to ensure that the quality of the meals is not in any way compromised.



THE GREEN VALLEY ORGANIC & VEGETARIAN RESTAURANT

Desserts

all at £6.95

Meringue nest topped with frozen berry yoghurt and sozzled cherries GF

Rich chocolate espresso mousse topped with a coconut sorbet V GF

Caribbean bananas baked in spices and rum served with vanilla ice cream V opt

Cherry crème Brule served with biscuits

Apple and pear crumble served with cream or ice cream V opt

Apple, cinnamon and sultana streusel served with vanilla ice cream V opt

Cheese

(charged as 'extra' to Lancrigg residents)

Selection of farmhouse cheeses with apple & date chutney & oatcakes £7.95

Vegan cheese plate- 'cashew nut cheeses' served with chutney & oatcakes V GF opt

After Dinner

For an after dinner glass of port, calvados & cognac please see wine list

Cafetiere Colombian coffee £2.50 pp

Teas: Ceylon, Earl Grey, Darjeeling £1.95pp

Herbal tisanes: £1.95pp

Moroccan mint ~ green tea with spearmint, Egyptian spiced liquorice

'Love' ~ rose, chamomile & lavender, 'Pleasure' ~ cocoa, liquorice & roasted chicory,

Mint, Chamomile, Ginger & lemon

We hope you have enjoyed dining at Lancrigg

We rely on feedback from our guests, so any comments will be appreciated