



Vegan Menu

AT THE
Continental



Breakfast

Vegan Full English. Vegan sausage, mushrooms, tomato, beans hash brown and toast.	Small	£7.20
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Cherry tomatoes and mushrooms on toast		£6.15
Smashed avocado on toast, dusted with chilli flakes		£5.20
Beans on toast		£4.95
Waffle with fresh berries and maple syrup		£6.15
Vegan cheese on toast		£3.75
Add red onion chutney		£0.85

Salads

Avocado salad with sun blush tomatoes and basil leaves	£8.25
Roasted Mediterranean veg with tomatoes and pine nuts	£8.95

Sandwiches / Paninis / Toasties

Roasted Mediterranean veg, basil and sun blush tomatoes (toastie)	£7.75
Vegan cheese and red onion chutney (toastie)	£7.55
Vegan Sausage, mushroom and tomato (panini)	£7.25
Vegan cheese, lettuce, tomato and cucumber (sandwich)	£7.55



Jackets



Vegan sausage and beans	£7.80
Roasted Mediterranean veg, sun blush tomatoes and pine nuts.	£7.85
Vegan Chickpea Curry	£7.95

Something More Substantial?

Vegan chickpea curry with Indian spiced basmati rice	£9.95
Tofu, courgette and onion burger with tomato relish and mixed leaves	£9.95
Pearl Barley, beetroot, tomato and coriander "risotto" with a mixed leaf salad	£9.95

ALL ALLERGY INFORMATION AVAILABLE UPON REQUEST.