

# PLANT BASED

## VEGAN FRIENDLY DISHES

### BRUNCH AVAILABLE UNTIL 3PM

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#### VEGAN FULL ENGLISH

Croquettes, mushroom, baked beans, roast sweet pepper and harissa, hash brown, tomato, sourdough toast £12

#### HUEVOS RANCHEROS

black beans, guacamole, tomato salsa, jalapeños and vegan cheese. Served with a soft corn wrap £8.5

#### CRUSHED AVOCADO

home made candied seed crumble and sourdough toast £8

#### >>> BRUNCH EXTRAS

Hash brown, Mushroom, Toast £2 EACH

Avocado, £2.5 EACH

### MAINS

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#### SMOKED AUBERGINE ♻️

cumin flatbread, tahini garlic dressing, chilli, pangrattato, pickled onion, coconut yogurt and hummus £11.5

#### ROAST SQUASH SALAD

orange, smoked maple syrup, vegan parmesan cheese, sage toasted pecans

#### MIAMI BURGER

soya patty, vegan herbed mayonnaise, lettuce, tomato and sauerkraut. Served with thick cut chips £12.5

#### VEGAN NACHOS 🌱

refried black beans, corn chips, vegan cheddar, jalapeños, tomato salsa, and guacamole £11

#### PLANT SAUSAGE AND MASH 🌱 ♻️

Lincolnshire plant sausages, grain mustard mash, sage and caramelised onion gravy £13.5

### SMALL PLATES AVAILABLE AFTER 3PM

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#### BURNT AUBERGINE

miso yogurt, rose harissa, toasted chickpeas and mint £6.75

#### CHARRED HERITAGE BEETROOT SALAD

honeyed goats cheese, crushed hazelnuts and mint £8.5

#### MEZZE PLATE

Hummus, grilled flatbread, artichoke and truffle dip, English pea pesto, slow roasted peppers, spiced broad beans and peppered cashews £7.5

#### LARGE MEZZE TO SHARE £14

### SIDES

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#### THICK CUT CHIPS // FRIES £4

#### SWEET POTATO FRIES £5

#### MIXED SALAD 🌱 £3.9

#### ROAST SQUASH

with chilli and fennel £4.5

### PUDDINGS

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#### RHUBARB AND WINTER BERRY CRUMBLE

with vanilla vegan ice cream £5.5

#### VEGAN ICE CREAM AND SORBET

ask for today's flavours £5.5

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♻️ WE ARE DELIGHTED  
TO DONATE £1 PER  
DISH TO OUR LOCAL  
CHARITY THE BIGKID  
FOUNDATION.

THE OLD  
FRIZZLE

🌱 GLUTEN FREE    ♻️ VEGETARIAN    🌱 VEGAN  
IF YOU SUFFER FROM ANY FOOD ALLERGY OR INTOLERANCE,  
PLEASE MAKE YOUR SERVER AWARE. A DISCRETIONARY  
10% SERVICE CHARGE WILL BE ADDED TO ALL TABLES  
RECEIVING SERVICE AND DISTRIBUTED TO STAFF.