



## Food for Friends £11.95 two course offer

Please present this voucher to your server on arrival and choose any two courses for £11.95 from the a la carte menu. This offer is available between Monday and Thursday, and bookings must be made in advance. Call 01273 202310 or book online at [www.foodforfriends.com](http://www.foodforfriends.com) quoting 'two course offer'

Valid until 30<sup>th</sup> April 2009

Not to be used in conjunction with any other promotion.

### starters

#### **tofu pockets** (v, gf, lf)

sweet tofu cases, one filled with asian mushrooms, spring onions and avocado, miso roasted butternut squash, and an oriental mirin and tamari dressing served with a trio of pickled vegetables.

*or*

#### **panzanella salad** (v)

roast pepper, tomato, red onion, basil, capers and foccacia bread served with rocket leaves, olive oil and balsamic dressing.

*or*

#### **soup of the day** (v, gf)

combine chef's inspiration with seasonal influence and you get today's soup sensation, served with fresh homemade bread.

### mains

#### **stuffed portobello with fine beans and pesto** (gf, n)

portobello mushroom stuffed with feta, sun dried tomatoes and pine nuts with sweet potato wedges, fine beans with a pesto sauce topped with crème freche.

*or*

#### **goats cheese salad** (n)

goat's cheese baked on a pesto croute with a balsamic and roast pepper and tomato kalamata olives, sprouted mixed beans and pulses, walnuts and a roasted red pepper coulis.

*or*

#### **Butternut squash filo parcel** (v, n, s)

filo parcel with roasted butternut, cashew nuts, spinach and caramelised onion on a mandarin and mango salad with mirin and chilli dressing.

### dessert

#### **home made dark chocolate truffles** (vo, n)

a selection of home made truffles to share served with two espresso shots.

*or*

#### **molten chocolate pudding** (gf)

an indulgently gooey hot chocolate pudding served with baileys ice cream

*or*

#### **black cardamom and blood orange crème brulee**

a classic home made crème brulee, scented with black cardamom and served with a fresh blood orange caramel

KEY (v) vegan / (gf) gluten free / (n) contains nuts / (vo) vegan free / (go) gluten free option / (lf) low fat