

# MEAT-FREE MENU

All the treat with none of the meat



  
Harvester

# MEAT-FREE MENU

Our low-emission planet-friendly dishes are marked with a 

## TAPAS-STYLE STARTERS

We recommend 4 dishes to share between 2 people. 4 DISHES 16.99 | 3 DISHES 13.99 | SINGLE DISHES 4.99\*\* (Unless stated below)

### BREADED MUSHROOMS

With garlic mayo dip 516kcal

### NACHOS

With cheese sauce, guacamole, salsa, sour cream and jalapeños 533kcal

Add BBQ pulled pork 240kcal +99p

### VEGAN NACHOS

With guacamole, salsa and jalapeños 438kcal Add vegan chilli 136kcal +99p

### GARLIC BREAD

Soft garlic bread topped with garlic & parsley butter 376kcal

Cheesy garlic bread  412kcal and vegan option available  314kcal

### LOADED SWEETCORN RIBS

Oak-smoked and topped with Cajun vegan mayo, crispy onions, chilli & spring onion 314kcal

### HALLOUMI FRIES

With chunky tomato salsa 373kcal 5.49

### SOUTHERN-FRIED NO-CHICKEN STRIPS

with spiked maple sauce 447kcal

### JALAPEÑO POPPERS

Stuffed with cream cheese, served with a chunky tomato salsa 545kcal

## MAINS

### GRILLED HALLOUMI SKEWERS

Halloumi, skewered with padron peppers & basted with sauce, served with a soft flatbread & slaw 786kcal

With choice of golden rice +230kcal or chips +478kcal 12.99


Double your skewer for +£5 +555kcal

Choose your sauce:

BBQ 95kcal,

Sweet chilli 119kcal,

Bourbon† 128kcal,

Peri peri 137kcal  or

Naga hot chilli 144kcal 

### HERB-BATTERED HALLOUMI & CHIPS

With tartare sauce and your choice of garden 1423kcal or mushy peas 1416kcal 11.99

### CAMEMBERT AND CHERRY TOMATO TART

In a puff pastry case, served with a home-baked jacket potato and slaw 909kcal 9.99

### CHILLI NON CARNE

Made with meat-free mince, jackfruit & sweet potato with golden rice. Topped with guacamole, fresh chilli and spring onion 546kcal 11.49

### BBQ NO-CHICKEN STACK

Grilled no-chicken fillet with melted Monterey Jack cheese, BBQ sauce, southern-fried no-chicken strips topped with crispy onions served with chips, slaw and corn 1311kcal 13.49

### SPINACH & RICOTTA PASTA

Pasta shells filled with spinach, ricotta and artichoke, in a creamy tomato & basil sauce, topped with feta served with garlic bread 852kcal 11.99

## BURGERS

LOOK OUT FOR NEW BURGERS FROM  BEYOND MEAT

### THE HALLO-ME

Grilled sweet chilli halloumi topped with red onion chutney, roasted mushrooms and garlic mayo, with a tomato salsa dip

Single 1635kcal 12.99

Double 2083kcal 15.49

### THE KICKIN' BEAN

Spiced chipotle bean burger topped with mushroom, melting mature slice and burger sauce

Single 1152kcal 11.99

Double 1392kcal 14.49

### THE BEYOND DIRTY

Beyond Burger® patty, southern-fried onion nest, hash brown topped with cheese sauce & BBQ sauce and a burger sauce dip

Vegan option available 

Single 1637kcal 13.49

Double 1706kcal 15.99

### THE BBQ JACK

Beyond Burger® patty topped with BBQ jackfruit, melting mature slice and burger sauce. Veggie option available with Monterey Jack cheese 

Single 1309kcal 12.99

Double 1598kcal 15.49

### THE BEYOND

Beyond Burger® patty topped with a melting mature slice and burger sauce

Single 1181kcal 12.99

Double 1470kcal 15.49

## FLATBREADS & BOWLS

### FLATBREADS

AVAILABLE MON-SAT 11.30AM-5PM Our soft flatbreads have baby gem lettuce, crunchy slaw, chunky tomato salsa, mayo and a filling of your choice, with chips on the side.

GRILLED HALLOUMI 1102kcal  7.49

SOUTHERN-FRIED NO-CHICKEN STRIPS   1052kcal 7.49

GRILLED NO-CHICKEN FILLET   968kcal 7.49

### BALANCED BOWLS

DESIGNED BY OUR CHEFS TO BALANCE MAX FLAVOUR WITH HEALTHIER CHOICES

2 of your 5 a day, ^rich in vitamin C and folate. A juicy salad base of baby gem lettuce, red peppers, cucumber, crunchy slaw, spring onion & red chilli tossed in a low fat vinaigrette, and topped with your choice of:

GRILLED HALLOUMI  615kcal 10.49

GRILLED SWEET CHILLI




NO-CHICKEN FILLET   421kcal 10.49

DOUBLE UP CHIPS  +99p SWAP TO CLASSIC  OR  
TEX MEX  DIRTY FRIES +99p OR SWEET POTATO FRIES +1.49

For calories see sides section on main menu

SAVE ROOM FOR OUR DELICIOUS  
VEGGIE & VEGAN DESSERTS!

**Allergen information:** All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help accessing our allergen information, please let us know before ordering.

 = Our low emission plant-friendly dishes have less than 3.70 kg CO2E  = made with vegetarian ingredients,  = made with vegan ingredients; however, some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. † Contains alcohol. Any tips you're kind enough to give are kept by our team. All dishes are subject to availability. Photography is for illustration purposes only. Calories correct at time of printing. For our up-to-date full nutritional & allergen guide, see our website. Adults need around 2000 kcal a day. © Mitchells & Butlers 2022.

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