

VARR HOUSE at MEADOW VIEW

VEGETARIAN OPTIONS

All gluten free with the exception of *Mushroom Parcel.

NB This may be prepared by piling the mushrooms on gluten free Keto bread, which is made by Jim from almond flour

Starters

Miso Udon Bowl

Herbed Tabbouleh with Rocket, side demi tasse of Spiced Lentil Soup.
Roasted Beetroot Salad with Orange and Walnut.

Mains

Farro Risotto with Roasted Fennel and Chestnut Mushrooms

(Chef's note: this dish is vegan suited as the finishing does not require Parmesan)

Can be made the same in a traditional risotto using arborio rice rather than farro grain - a creamier texture resulting

Mixed and Oriental, *Mushroom parcels:

Asian spiced and served on a bed of chunky Dahl, served with Bombay potatoes and Poppadum

(Chef's note: commercial puff pastry used - using vegetable oil to make vegan friendly)

Vegetable Enchiladas with Roasted Tomato Sauce, served with market fresh Greens and jacket Sweet Potato

(Chef's note: this dish is finished with grilled Gruyere Cheese - vegans please omit)
