

# SUNDAY AT THE WILLOW



## THE WILLOW ROAST

All served with roasted sweet potato & courgettes, broccoli and green beans, with signature gravy and Yorkshire pudding. Cut the Yorkshire pudding to make your roast entirely allergen free and Paleo.

Served with a choice of homemade horseradish or mustard.

### Aged Aberdeenshire Rib of Beef £17.50



Allergens: egg, dairy

*KID'S ROAST BEEF* £8

### Aylesbury Free Range Poussin £14.50



Allergens: egg, dairy

*KID'S ROAST POUSSIN* £8

### Buckinghamshire Organic Lamb Rump £18.50



Allergens: egg, dairy

*KID'S ROAST LAMB* £8

## STARTERS

### Tender Grass-Fed Meatballs in Basil Tomato Sauce £8.50



Allergens: Eggs

### Seasonal Soup of the Day £5.5

Served with toasted organic sourdough bread. Ask the floor staff for the soup of the day options.



Allergens: Eggs

### Summer Watermelon & Feta Salad £7.5



Allergens: Dairy, Sulphites

### Crunchy Rainbow Salad with a Light Vinaigrette £6.5/12.5

Enjoy a rainbow of colour from nine fresh veggies.



Allergens: Sulphites

### Build your own salad:

**Activated Nuts** (50g) £1.50

Allergens: Nuts (almond, walnut, cashew)

**Prawns** (80g) £3

Allergens: Crustacean

**Grilled chicken** (75g) £2

## MAINS

### Crispy Vegan Falafel Burger £14.95

As featured in national publications, our homemade falafel in a portobello mushroom bun is tempting enough to lure away dedicated carnivores to vegan shores for multiple visits.

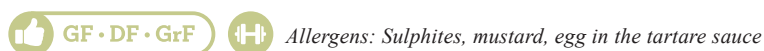


Allergens: Nuts (almond), mustard

### Atlantic Haddock Fish & Chips £15.95

Sustainably-sourced battered haddock with sweet potato chips, pea purée & salad garnish.

Served with a choice of homemade tartare sauce or ketchup.



Allergens: Sulphites, mustard, egg in the tartare sauce



Free-from



Vegetarian/Vegan



Low carb



Protein rich



Paleo



Lower sugar



Healthy fats



Low FODMAP

**GF** gluten-free

**GrF** grain-free

**DF** dairy-free

**V** vegetarian

**V** vegetarian and vegan