The Mill RESTAURANT

PLANT BASED (VEGAN) MENU ENTREE

GARLIC & PESTO FLAT BREAD V © Freshly made flat bread with confit garlic oil, basi and vegan mozzarella		13
MAINS		
THAI TOFU SALAD & H V & Thai marinated tofu with a crispy Asian noodle sa Japanese style dressing	21 lad and a	24
BAKED FALAFEL & H V & With blistered heirloom tomatoes, cucumber and coriander salad, finished with tahini dressing	19	21
ASIAN STYLE CHILLI CASHEW STIR-FRY	21 odles	24
PESTO BASCIOLO © 1 V © Freshly made basil pesto with roasted pine nuts, with rocket	20 finished	23
SWEET POTATO & CAULIFLOWER COCONUT CURRY © P V COCONUT CURRY COCONUT CURRY COCONUT COC	ream and	24
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CHILDREN'S MENU

PESTO SPAGHETTI 🚭 H V 😘	9	10
Includes a 7oz glass of soft drink & fresh fruit salad dessert.		
12 years & under only		

ADDITIONAL SIDES

BEER BATTERED FRIES V ©	7
SWEET POTATO FRIES V ©	7
CHEF'S POTATO	5
HOUSE SALAD & V ©	4
SEASONAL VEGETABLES © V ©	4
EXTRA SAUCES - Hummus, Chilli	1.5

KEY:	MEMBERS PRICE		NON-MEMBER	PRICE
		:		

GF Gluten free	GFO Gluten free	Option (Low Gluten
H Healthy Choice	V Vegetarian	VG Vegan	vco Vegan Options

Dietary requirements & food allergies

Please note that while all care is taken when catering for special dietary and food allergy requirements, dietary symbols should be used as a guide only. Ingredients such as seafood, shellfish, nuts, sesame seeds, eggs, wheat flour, fungi and dairy products are all used in our kitchen. While all care is taken to prepare meals as listed (particularly plant based), there is a small risk meals may come into contact with other ingredients whilst being prepared. Please inform our staff of your allergies or specific requirements to assist with your requests.