

VEGAN & VEGETARIAN

BREAKFAST

THICK CUT SOURDOUGH TOAST OR SEEDED MALT TOAST (V) Served with jam	3.00	MEXICAN SPICED BEAN, ROCKET & BAKED EGG WRAP* (V)	5.00
'BIRCHER' GRANOLA (VE) Dried fruits and Welsh yoghurt, almond or soy milk	4.00	EGGY BREAD, BBQ LEEKS & WELSH RAREBIT STACK* (V)	5.00
WOOD ROASTED MUSHROOM, TOMATO, SPINACH & FRIED EGG WRAP* (V)	6.00	HUEVOS RANCHEROS SKILLET (V) Spiced beans, tomato, red pepper, baked egg	6.00
SMASHED AVOCADO, SPINACH, ROAST RED PEPPER & FRIED EGG WRAP* (V)	6.00	TWO EGGS (V) Two eggs as you like them with a toasted muffin and any of the below for a £1 Smashed avocado, roasted butternut squash, bbq leeks, roasted tomatoes, mushrooms, spinach	4.00

MAKE MINE VEGAN BY TAKING AWAY THE EGG AND REPLACING IT WITH A TOPPING

Lunch

11.30am - 5:30pm

WRAPS

TRIO OF HUMMUS (VE) [N] Chickpea, beetroot & walnut hummus, tahini and Dukkha	8.00
ROASTED MEDITERRANEAN & OLIVE (VE) Roast peppers, onions, aubergine, balsamic dressed rocket and olives	8.50
MIDDLE EASTERN (VE) Spiced aubergine, giant cous cous, crispy lettuce & apricot relish	7.95

SALADS

THE BREWCAESAR (VE) [N] Romaine lettuce, ground almonds, crunchy croutons & vegan Caesar dressing	8.00
CARAMELISED WOOD ROASTED PARSNIPS & TOASTED SEEDS (VE) Caramelised parsnips, crisp red chicory, rocket, mustard pears, toasted mixed seeds, Perl las blue cheese or almond cheese	10.00
MARINATED WILD & CULTIVATED MUSHROOM (VE) Pickled wild mushrooms, grilled radicchio, rocket, wood roasted cherry tomatoes, parsnip crisps	9.50
MARINATED ASIAN TOFU (VE) Warm marinated tofu, ginger wild rice, pak choi, pickled carrots, bbq spring onions, Vietnamese dressing	10.00
TOASTED RED QUINOA, KALE & ROMESCO MOUSSE (V) [N] Wood roasted pepper, chilli and hazelnut mousse, steamed and toasted red quinoa, crispy kale, smoked lemon dressing	9.00

MENU KEY

(V) VEGETARIAN (VE) VEGAN [N] CONTAINS NUTS

LET'S GET *social*

f /BREWSTONESWANSEA @BREWSTONE_UPLANDS @BREWSTONESWAN

Wood Fired Pizza on Hand Stretched Dough

11.30am - 11:00pm

CHOOSE FROM TOFU, VEGAN CHEESE, MOZZARELLA

THE CLASSIC (V) Pomodoro tomato sauce, herb oil, basil	9.50	ROAST SQUASH (V) Roasted butternut squash, red peppers, spinach, herb oil, dukka	11.50
SALT BAKED BEETROOT (V) Heritage salt baked beetroot, capers, sage	10.50	VEGANESCA (V) Heritage salt baked beetroot, capers, sage	10.50
GRILLED BABY ARTICHOKE (V) [N] Baby artichoke, spinach, garlic, thyme, lemon, toasted almonds	12.00		

you had me at...Pizza

Small Pots 5.30 - 11pm

HOME-MADE SOUP OF THE DAY (V) <small>with Flatbread</small>	HONEY ROASTED ROOT VEGETABLES (VE)
GARLIC MUSHROOMS (V) <small>with Flatbread</small>	ROCKET AND PARMESAN (V)
TRIO OF HUMMUS (VE) [N] <small>with Flatbread</small>	PEMBROKESHIRE SALTED NEW POTATOES (VE)
MARINATED OLIVES (VE)	GARLIC KALE AND TOASTED ALMONDS (VE) [N]
SPICED AUBERGINE (V)	SALT BAKED BEETROOT (VE)
WOOD FIRED HALLOUMI (V)	HUEVOS RANCHEROS (V)
WOOD OVEN SMOKED POTATO WEDGES (VE)	

ALL
4.00
each

MAIN COURSES

WINTER VEGETABLES (V) Slow cooked chickpeas in smoked roasted tomato sauce, roasted root vegetables, wild rice, parsley & garlic	12.00	WILD MUSHROOM & BABY ARTICHOKE CALZONE (V) Wood fired calzone, stuffed with marinated wild mushrooms, bbq leeks, baby artichokes, vegan cheese or mozzarella	11.00
WOOD ROASTED SPICED AUBERGINE (VE) Half roasted aubergine, spiced tomato compote, warm giant cous cous, roasted new potatoes, spinach & apricot relish	12.00		

*Gluten Free menu also available
all you gotta do is ask...*