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### Curried coconut & parsnip soup

Onion bhaji crumble.

Served with artisan bread. (VE)(DFI)(GFA) (136kcal/100g) CO. A £5.95

### **Torched Scottish mackerel fillet**

Wild caught, Amber on the MCS Good Fish Guide Pickled cucumber, caper crème fraiche & dill oil (GFI)(210kcal/100g) 603 B £7.00

### Braised Hoisin pork belly salad

Peak District pork

Mooli, radish & Asian infused honey dressing (DFI)(150kcal/100g) CO. B £7.50

### Pan roasted chicken breast

Confit potato, oyster mushroom & leek casserole, tender stem broccoli

(DFI)(GFI)(112kcal/100g) CO £17.95



### **Grilled plaice fillet**

Wild caught, Green on the MCS Good Fish Guide Crushed new potato cake, samphire, baby spinach & pea velouté (GFI) (65kcal/100g) CO. £18.95

### Homemade pulled pork & black pudding pie

Peak District pork

Creamy wholegrain mustard mashed potatoes, roasted maple carrots

& parsnips (251kcal/100g) CO2 £17.50

### Pumpkin & spinach gnocchi

Shaved fennel crisps & roasted cauliflower puree (VE)(DFI)(GFI) (102kcal/100g) CO A £16.00

### Root vegetable galette

Pine nut pesto, Greek white cheese, charred tender stem broccoli, parsnips, beetroot puree & pickled Romanesco (VE)(DFI)(GFI)

(83kcal/100g) CO2 A £16.95

# CARBON GUIDE

To help you make more sustainable choices from our menus, you'll find each dish rated by it's Carbon impact.

### This guide shows the Carbon intensity per kilogram of product.

Look out for our green clouds across our menus to help you choose dishes that will contribute to reducing emissions from food in line with the UN's climate goals.

### **Pesto rainbow Heritage carrots**

Toasted pine nuts & pickled nasturtium leaves (VE)(DFI)(GFI) (143kcal/100g) CO. A £6.50

### Sprout & brie croquette

Contains nuts

Roasted chestnut puree & truffle mayonnaise (V)(GFI)

(204kcal/100g) **£6.50** 



### Double stacked nacho beef burger

Derbyshire beef

Chimichurri salsa, baby gem, tomato, crushed cheesy nachos Served with Koffman fries & Aston slaw (204kcal/100g) 60 E £17.95

### Curry battered catch of the day

Wild caught, Green on the MCS Good Fish Guide Koffman chips, mushy peas, homemade curry & tartare sauce

(231kcal/100g) CO2 E £18.95





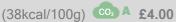
We source most of our vegetables for all our dishes from farms in Worcestershire! Local and seasonal.

## **SOMETHING ON** THE SIDE

### Maple Brussel sprouts

Chestnuts & maple syrup

(Contains nuts)(VE)(DFI)(GFI)



### Topped potato wedges

Chive sour cream & tomato salsa

(V)(GFI)(151kcal/100g) CO. A £4.50



Red cabbage & Granny Smith apple

Balsamic glaze (VE)(GFI)(DFI)

(28kcal/100g) CO. A £4.00

A Very Low	B	C Medium	<b>D</b> High	E Very High
0-1.75 Kg	1.75-3 Kg	3-4.25 Kg	4.25-5.5 Kg	5.5+ Kg
CO2e	CO2e	CO2e	CO2e	CO2e

YOUR ALLERGEN AND DIETARY GUIDE: V: Vegetarian | VE: Vegan | GFI: Made using Gluten Free Ingredients | GFA: Gluten Free Available DFI: Dairy Free Ingredients | DFA: Dairy Free Available

### Coconut & sweetcorn parfait

Pan de mej & pink peppercorn caramel (VE)(DFI)(GFI)

(277kcal/100g) CO2 A £7.50



### Oeuf de brioche

White chocolate panna cotta, mango gel, brioche & pineapple (V) (290kcal/100g) CODB £7.00

# Soni's spiced carrot Mille-Feuille

Indian Gajar Ka Halwa, gooseberry compote infused cinnamon & ginger. Served with bay leaf custard (V) (148kcal/100g) CO. A £6.50

### Chocolate & chicory brookie

Spiced chocolate sauce, vegan rhubarb & raspberry ice cream (VE)(DFI)(GFI) (311kcal/100g) CO E £7.00

### **Duo of Caron Lodge cheeses**

House chutney, savoury wafers, apple and iced grapes (V)(GFA) (353kcal/100g) CO £7.95

### TO FINISH...

### Bailev's

A classic (50ml) £4.25

### **Captain Morgan's**

Spiced rum (25ml) £3.95

### JJ Whitley vodka

Rich and smooth (25ml) £3.60

# **Taylor's Port**

Perfect with our cheese board (50ml) £3.95

### **Gordon's Gin and Tonic**

The perfect refresher (25ml) £6.10

Non-alcoholic options available, ask our team for details.

### Our menus combine sustainable practices with the constantly changing charm of every season.

The parsnips used in our dishes are UK grown, in season between October and March. They are a hardy winter crop and actually get sweeter after frost, making them a perfect winter treat with a naturally low carbon footprint.

Brussels sprouts are in season between September and February. These winter favourites are among the UK's most sustainable vegetables! Coconuts are grown in tropical climates and imported year-round. That's why we use it sparingly and responsibly due to its higher travel footprint.

> You'll find these ingredients featured throughout our menu keep an eye out for their seasonal flavour and mindful sourcing.

Our fish is rated Green, Amber or Red, according to the MCS Good Fish Guide, using it supports compliance with our sustainability commitments and helps reduce environmental impact.

If you would like to learn more about our sustainability initiatives, please speak to a member of our staff.



Hotel and Conference Centre Aston University



