

# WHY NOT START WITH

## GLASS OF WINE



	125ml	250ml
<b>GARDET BRUT NV</b> -FRANCE	£12	
<b>WILD RIVER SAUVIGNON BLANC</b> - NEW ZEALAND	£6	£10.50
<b>ST SIDOINE ROSE, 2021</b> - PROVANCE, FRANCE	£6	£11
<b>DOMAINE BOUSQUET RESERVE MALBEC</b> - ARGENTINA	£5.50	£9.50

## COCKTAILS



<b>MOJITO</b>	£10.50
<b>COSMOPOLITAN</b>	£10.50
<b>OLD FASHIONED</b>	£11.00
<b>VIRGIN ELDERFLOWER MOJITO MOCKTAIL</b>	£5.50
<b>PEACH BERRY SPRITZ MOCKTAIL</b>	£6.00

A discretionary 12.5% service charge will be added to your bill - all gratuities go to the staff - thank you.

Dishes labelled with GF and DF can be requested when ordering.

GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Important Information: All our food is prepared in a kitchen where nuts, gluten and other known allergens may be present. If you have any allergies or dietary requirements please let a member of our team know every time you visit. More information on allergens and ingredients can be provided by our fully trained staff.

Thank you.

Concerns about allergies & intolerances? Visit [allergymenu.uk](http://allergymenu.uk) & enter the code: BAN478.



BANNATYNE SPA HOTEL HASTINGS

## PLANT BASED MENU

### NIBBLES

<b>HOME BAKED FOCACCIA</b> 371kcal VE Dairy free butter, olive oil & balsamic	£5.00
<b>MIXED MARINATED OLIVES</b> 394kcal VE, GF	£5.00

### DISHES

<b>SOUP OF THE WEEK</b> Please ask your server 494 kcal GF*	£7.50
<b>VEGETABLE SPRING ROLLS</b> Sweet chilli & mango salsa 680 kcal	£9.50
<b>HERITAGE TOMATO &amp; PLANT BASED FETA</b> Roquette pesto & balsamic vinegar croutes 469 kcal GF*	£10.50
<b>RED THAI SPICED BUTTERNUT SQUASH &amp; SWEET POTATO PIE</b> Vegetable gravy & side salad 692 kcal	£18.50
<b>KALE, SPINACH &amp; ORZO SALAD</b> Sultanas, pumpkin seeds & crisp tofu 1017 kcal	£16.00
<b>PIZZA SANTORINI</b> Tomato, capers, kalamata olives, red onions, fresh roquette & vegan Feta cheese 750 kcal	£13.25
<b>RED &amp; GOLDEN BEETROOT SALAD</b> Vegan feta, lemon & garlic mayo, toasted pumpkin seeds & sultanas 551 kcal GF	£12.50
<b>NUT ROAST</b> Plant based cream dauphinoise, seasonal vegetables & vegan gravy GF	£16.75

## SIDES ALL VE, GF\*, V, DF

£4.50  
EACH

**FRIES** 227 kcal

**CHUNKY CHIPS** 216 kcal

**NEW POTATOES** 196 kcal

**TENDERSTEM BROCCOLI & CHANTENAY CARROTS**  
160 kcal

**MIXED LEAF SALAD** 219 kcal

**HERITAGE TOMATO, RED ONION & VINAIGRETTE** 253 kcal

**DAUPHINOISE POTATO**

## DESSERTS

<b>VEGAN VANILLA ICE CREAM</b> Raspberries & raspberry coulis 229 kcal GF	£8.00
<b>DARK CHOCOLATE TORTE</b> Orange chantilly & raspberry compote 798 kcal GF	£8.00
<b>SELECTION OF SORBETS</b> (Choice of three) GF Please see your server for todays selection 218 kcal	£8.00

## TO FINISH



<b>LIQUEUR/IRISH COFFEE</b> Jamesons, Baileys, Frangelico or Kahlua	£8.00
<b>ESPRESSO MARTINI</b>	£11.00
<b>ASK TO SEE OUR HOT BEVERAGE SELECTION</b>	