

FABfest 19

MENU

Meals

Mediterranean vegetable wellington served with parmentier potatoes and spinach and mushroom vegan "veloute"

Veggie sausages served on pan fried "bubble and squeak" with a sweet caramelised onion sauce

Tempeh, lentil and vegetable curry - tempeh, mushroom, spinach and potato

Seitan Burger served on mix salad leaves with an avocado slaw, a piquant relish and vegan cheese, in a floured bap

Add:

Chips or spiced sweet potato wedges

Vegan dog topped with BBQ jackfruit or vegetable and bean chilli with guacamole

Add:

Chips or spiced sweet wedges

House salad - Vegan cheese, apple, celery, walnuts, and toasted pine nuts on dressed salad leaves

Vegan Mac and cheese

Loaded Fries

Straight cut chips or spiced sweet potato wedges with one or two of the following toppings-

BBQ Jackfruit

Vegetable and bean chilli

Vegetable Curry

Avocado slaw

Vegan Cheese

Hand Held

Pitta bread with falafel, mint dressed salad leaves; hummus and harissa sauce

Vegan sausages roll - Butternut squash, garlic, onion, paprika and oregano, with sweet red pepper

Curried vegetable samosa

Straight out chips

Spiced sweet potato wedges

The above are served on compostable dishes with cutlery where appropriate. Compostable napkins will also be provided.

Where is it?

The Freight House, Rochford, SS4 1BU

When is it?

Friday 5th July – Saturday 6th July 2019

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