

The COVEN Menu

Printed on
100%
Recycled
Paper



All dishes are home-made in The Coven kitchen and *all* are vegetarian. Some are also vegan – if you are unsure or have other dietary requirements, please ask.



vegan

As a fully vegetarian café, we fully understand the requirements of vegans and try to deliver vegan dishes wherever possible. If you are vegan and want something not on the menu – or a variation of something – please ask.



Everything on the menu is made fresh in The Coven kitchen. Most of the food can be made with low-fat or vegan alternatives. We try to fry as little as possible and when we do with use either a small amount of extra-virgin olive-oil or water!

Examples of choices include low-fat spread, virtually fat-free cheese, coconut milk, honey, artificial sweeteners, pitta bread etc etc.

Take Out

All dishes are available to eat in or take out. We can even provide dishes for later reheating for a fresh, healthy, vegetarian ready-meal – from *The Coven to the oven!*



As a local business that was one of the founders of the Transition Town movement in Wigan we pride ourselves in the use of locally-sourced products. In doing this we reduce the food-miles travelled by our food so reducing our carbon footprint. Helping local businesses also ensures we support local resilience and keep money within the community



Running a business doesn't have to mean we make a high impact on the planet. To help this, The Coven has implemented a number of 'carbon-reduction' actions which help reduce our carbon footprint to a minimum...

- ✓ Electricity contract based on renewables
- ✓ Low energy light bulbs everywhere possible
- ✓ 100% use of induction hobs – reducing cooking energy by up to 60%
- ✓ Using locally-sourced raw-materials to reduce miles travelled

Wherever relevant and possible, our ingredients conform to one or more of the following standards. Our coffee, for example meets all three – the only coffee you're likely to find that meets these high standards.





SNACKS

(freshly prepared using only the best ingredients)

If you've not much time – or just want to savour a little of The Coven's famous cuisine, then try some of our delicious snacks – all of the flavour but in a smaller package.

Toasted Soya & Linseed Bread £1.30
Two slices of this fantastic bread. Specify butter or low-fat spread (healthy option)

Hot Buttered Crumpets £1.30
Two quality crumpets. Specify butter or low-fat spread

Toasted Caramelised Onion Bagel £1.30
An unusual but fantastic alternative to toast or crumpets. Specify butter or low-fat spread

Add 30p for Jam, Marmite™, Peanut Butter or Nuttella™ on any of the above

Mushroom, Scrambled Eggs, Tomatoes or Baked Beans £2.50
Two slices of linseed and soya toast with fantastically fresh & tasty topping. Fried eggs also available but would not class as a 'healthy' option.

Any two of the above on toast £3.25
Can't decide which one to have – then have both!

Mushrooms & Tomatoes on Toast with Herbs £3.25
Can't decide which one to have – then have both!

Soup of the Day (small/largeportion) £2.50/£3.50
Enjoy a bowl of home-made seasonal loveliness!
Please ask for our daily 'special'

Naan Bread Pizza with Cheddar Cheese £2.50
A twist on the Italian original. Garlic & coriander naan topped with tomato salsa & melted cheese.

Naan Bread Pizza with Quark £2.50
As above but with Quark virtually fat-free cheese

Naan Bread Pizza - *vegan* £2.50
A twist on the Italian original. Garlic & coriander naan topped with tomato salsa

HOT MEALS

(freshly prepared using only the best ingredients)

Printed on
100%
Recycled
Paper



A Proper English Breakfast!! £4.45

Two fried eggs, sautéed mushrooms, griddled tomatoes, & Heinz™ baked beans with two slices of linseed and soya bread toast. *All the taste and pleasure – with none of the meat!*
Add 75p to include home-made hash browns.

Breakfast Burger £3.95

Mushroom burger on bagel topped with cheese and fried egg.

Breakfast Stack £4.95

Home-made hash-browns, mushroom burger, scrambled (or fried) egg, cheddar cheese & hot salsa

Welsh Rarebit £3.95

Made with Mushroom Ketchup for that full flavour without the Worcester Sauce!
Like a cheese soufflé on toast – mega comfort food!

Soup of the Day (Meal Portion) £3.50

Enjoy a bowl of home-made seasonal loveliness!
Served with Linseed & Soya Bread

Hummus & Toast – **Vegan** if served with non-dairy spread £3.95

Freshly made hummus – made with chickpeas, garlic, lemon juice and olive oil –
Vampires beware!
Served with hot buttered linseed & soya toast & salad

Hummus & Pitta – Homemade in The Coven **Vegan** £3.95

Freshly made hummus – made with chickpeas, garlic, lemon juice and olive oil –
Vampires beware!
Served with Pitta & Salad

Savoury Pancakes *from* £3.00

Hot & Spicy Salsa £3.00
Mushroom & Onions £3.50
Cheddar Cheese & Onion £3.95
Cheddar Cheese, Mushroom & Onion £4.50
Stilton Cheese, Mushroom & Onion £5.00

Omelettes (freshly prepared using only the best ingredients) *From* 2.50

Plain £2.50

Extra 70p per each of the following extra ingredients: Cheese (Quark or Cheddar), Mushrooms, Tomatoes, Onions

Lasagne £5.50

A layer of peppers, courgettes, mushrooms in a rich tomato sauce and creamy spinach filling, sandwiched with egg lasagne and topped with creamy mushroom sauce and cheese.

Noodles **Vegan** £3.50

Noodles with stir-fried peppers & onions in a chilli & Chinese five-spice sauce.
Please let us know your chilli tolerance level!

Couscous **Vegan** £4.95

With chickpeas & stir-fry vegetables

HOME-MADE VEGGIE BURGERS

(freshly prepared using only the best ingredients)

Printed on
100%
Recycled
Paper



The Coven's Famous Recipes

from £3.50

Fantastic vegetarian burgers designed and made in our own kitchen and served with salad and toasted caramelised bagel.

Mushroom Burger Vegan	£3.50
Mushroom Burger <i>with Cheese</i>	£4.00
The 'Black & Blue' Mushroom Burger – with melted Stilton Cheese	£4.50
Mixed Nut Burger - Vegan	£5.95
Fresh Falafel Burger - Vegan	£4.95
Fresh Falafel Burger with Cheddar Cheese	£5.50

SALADS

(freshly prepared using only the best ingredients)

Nut Burger Salad	£5.95
<i>Two Coven-made nut-patties served on a luscious bed of salad drenched in a yoghurt and peanut-butter dressing.</i>	
Nut Burger Salad - vegan	£5.95
<i>Two Coven-made nut-patties served on a luscious bed of salad tossed in a peanut butter & lemon dressing</i>	
Paganman's Lunch	£5.95
<i>Mixed salad, caramelised onions, pickle, bread & either a chunk a mature cheddar cheese or a virtually fat-free Quark™ soft cheese (Healthy Option).</i>	
Wallgate Salad	£6.50
<i>Green salad with apples, walnuts, Stilton cheese & mayonnaise</i>	
Mixed Salad - Vegan	£3.50
Selection of salad with a lemon juice dressing	

DESSERTS

Fresh Fruit Salad – Vegan option available	£3.50
Fresh fruit salad served with yoghurt, cream or coconut milk (vegan) – please tell us your preference	
Stewed Apple with Cinnamon & Raisins - Vegan	£3.50
Served with Honey, yoghurt or Cream (please state preference)	
Sweet Pancakes	<i>from</i> £1.95
Sugar & Lemon	£1.95
Honey	£2.50
Nuttella™	£2.50
Stewed apple & cream	£3.50
Cakes – <i>(vegan, please ask)</i>	£1.95
Home made in The Coven kitchen – high-quality ingredients, made with TLC. Can be served with cream or honey (50p extra) We sometimes make vegan cakes – please ask	



DRINKS

(all main coffees, the hot chocolate, mocha, steamers etc are the larger 12oz cups. Teas served in ceramic or glass mugs)

Coffees usually made with semi-skimmed cows milk. We can usually offer skimmed milk or soya on request.

Double Espresso <i>A double shot of perfect coffee</i>	£1.60	'Breakfast' Tea <i>Quality fair-trade tea</i>	£1.00
Espresso Macchiato <i>Think... baby Cappuccino!</i>	£1.80	Herbal/Fruit Teas etc <i>We have a wide variety of teas – including fruit teas, herbal teas and green tea</i>	£1.30
Latte <i>A double shot with steamed milk</i>	£2.00	<i>If you would like honey or 'sweeteners' to sweeten your drink, please ask.</i>	
Cappuccino <i>Double shot - Not just 'frothy milk'</i>	£2.00		
Americano <i>Double-shot – black or white</i>	£1.60	Caramel, Strawberry or Maple Steamer <i>A grown-up drink for the child within! Warmed milk, topped with more syrup and cream.</i>	£2.50
Mocha <i>Like coffee? Like chocolate? Then you'll love this! Double shot plus hot chocolate!</i>	£2.50		
Hot Chocolate <i>A velvety blanket of organic & fair-trade chocolate loveliness on your tongue – served with cream (add 30p for cream)</i>	£2.30	Fresh Orange	£1.30
Vanilla Latte <i>Double-shot Latte with a shot of vanilla syrup & cream</i>	£2.50	Fresh Apple (warm apple + 50p)	£1.30
Caramel Latte <i>Double shot Latte with a shot of caramel syrup & cream</i>	£2.50	Milk (semi-skimmed – skimmed usually available on request). <i>For warm milk, please add 50p.</i>	£1.30

Wherever relevant and possible, our ingredients conform to one or more of the following standards. Our coffee, for example meets all three – the only coffee you're likely to find that meets these high standards.

