

'Lite' Bites...

Toasted *choose from, brown, white, wheat/gluten-free*

Crumpets	£1.75	V
Tea Cake	£1.75	V,C
Plain Toast	£1.75	V,C
With Eggs..fried, scrambled, poached on toast	£3.50	C
With Jam, Marmalade, Nutella, Marmite	£2.50	

A Little More...

Fried Tomatoes & Herbs	£3.95	V,C
Mushrooms, Tomatoes & Herbs	£4.50	V,C
Scrambled Eggs & Mushrooms	£4.50	C
Spinach, Tomato & Mushrooms	£4.95	V,C
Naan Bread Pizza	£4.95	C
Cheese Soufflé <i>on your choice of bread</i>	£4.95	C
Hummus & Toast or Pitta <i>(Please specify)</i>	£4.95	V,C

Starters

Soup	£3.50	V,C
Olives, Feta and Sundried Tomatoes	£3.50	C
Hummus of the Day <i>(with Toast or Pitta)</i>	£3.95	V,C
Mezze for one/two	£3.50/£5.95	V,C
Small Spinach, Tomatoes & Mushrooms on Toast	£3.95	V,C

Mains

Lasagne of the Week *(inc salad)* £6.50

'Cous Cous' £6.50 V,C

Uses hemp so is wheat & gluten free . Warm spicy veg stir-fry with salad and vegan naan.

Spanish Potatoes *(inc salad)* £6.95 V,C
with or without cheese (same price)

Mega Veggie Breakfast £5.95 V,C

Jacket Potato *(inc salad)*

Plain (with Salad) £4.50 V,C

With filling & salad £5.95 V,C

Sandwich with Salad *from..* £4.50 V,C

Ask to see separate filling/bread sheet.

Soup & Sandwich £4.95 V,C

Ask to see our specials sheet for soup & sandwich choices

Croque Monsieur *(inc salad)* £6.95

Hummus & Apricot Mustard V,C

Peppers, Feta, Olives & Sun-dried Tomatoes C

Mushroom & Spinach V,C

Rich Mushroom & Cheese Pie *(inc salad)* £5.50

Mains ...cont'd

Omelettes (3 Egg) *inc salad*

Plain	£4.50	C
Cheese & Onion	£5.50	C
Mushroom	£5.50	C
Cheese, Mushroom & Onion	£5.95	C
Coven 'Fully Loaded' Omelette - ask	£6.95	C

Pancakes *(inc salad)*

Hot & Spicy Salsa	£4.50	V,C
Mushroom & Onion	£4.95	V,C
Cheese & Onion	£4.95	C
Cheese, Mushroom & Onion	£5.50	C

...the cheese on the pancakes can be Feta, Mature Cheddar or Stilton.

Noodles *served with vegan naan bread (rice, or wheat noodles)*

Five Spice	£4.50	V,C
Satay	£5.50	V,C
Egg Foo Yung with Mushrooms & Onions	£6.50	C

Coven Special Burgers *(inc salad)*

You can choose to have a larger salad and no bagel - please ask.

Mushroom burger on a vegan bagel	£4.50	V,C
with caramelised onions	£4.95	V,C
with Cheddar or Feta	£5.50	C
with Stilton	£5.95	C
...with a 'jalepenos & dried chilli)	...add £0.50	

Falafel Burger on a vegan bagel	£5.50	V,C
...with Cheddar or Feta cheese	£5.95	C

Salads

Mixed Salad	£4.50	V,C
Cheese Salad	£5.50	C
<i>Cheddar, Feta, Stilton or a mix - please specify</i>		
Hummus of the Day with Pita or Toast	£5.95	V,C
Greek Salad	£5.95	C
Hallgate Salad <i>(includes apples, walnuts, stilton)</i>	£6.50	C

Side Orders

Special Coven Chips <i>(15 mins required)</i>	£2.50	V,C
Jacket Potato <i>(15 mins required)</i>	£2.50	V,C
Salad <i>(where none provided)</i>	£1.95	V,C
Bread & Butter	£1.50	V,C
Sliced Baguette	£2.00	V,C
Olive Pot <i>(mixed green & black - say if only one type)</i>	£2.50	V,C

Specials

See our board for specials

Thursday Evenings ...

We are now open every Thursday evening for a special monthly menu - please ask to see this menu or look online (www.thecoven.biz). Last orders are taken at 8:30pm

What Else Do We Do



Specialist Cooking

Workshops

Ask about our speciality cooking workshops - including:

- Veggie
- Low Cholesterol
- Vegan
- Alkaline
- Wheat/gluten-free
- Raw/Living Food
- Dairy-free

Ready

Meals

Most of what is on our daily or evening menu can be prepared for you to cook or reheat at home - we provide instructions..

Seven Day Menu Plan

To help you with your special diet we can prepare and cook a seven day menu. All you need to do is pick the food up! Menus currently include:

- Alkaline
- Low Cholesterol
- Low Fat
- Vegan
- Vegetarian
- Wheat & Gluten-Free

Evening

Parties

You can book The Coven for your own evening event/party with a menu specially designed for you and any special dietary requirements you may have.

Celebration

Cakes

We can make celebration cakes to order - either plain or fully decorated to your specifications. Cakes can be made free of eggs, milk, soya and wheat/gluten (any or all of these!)

Gift

Vouchers

We have gift vouchers available for any amount.



Naturally Delicious Food & Drink

Daytime Menu

Open:

Tuesday - Saturday 10:30am - 5:00pm

Thursday Late Closing (last orders 8:30pm)

Different Menu after 6:30pm - Please Ask

Take-Out Prices - 20% Less

NEWS

NEWS

New Daytime Menu

We've just launched this new daytime menu - more great food ideas and simpler layout, we hope you enjoy it.

New Thursday Evening Dining

We experimented with 'Gourmet Thursdays' and have decided to offer more flexible evening dining - ask for a copy of this month's menu.

All Food on This Menu is Vegetarian. In addition, many dishes are also vegan and/or wheat & gluten-free. The key on this menu is:

V=Vegan Option Available C= Coeliac-Safe Option Available

!!! Please make us aware of your dietary needs.

The Coven

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