



Raw 'Stir-Fry'

The Coven

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Desserts

Coconut Rice Pudding V,C

Coconut milk rice pudding with stewed mango

Apple & Banana Fritters V,C

Apples and bananas deep-friend in a wheat/gluten-free batter served with ice/dairy/soya cream

Raw Lime Cheesecake R,V,C

Walnut, coconut & date base with a macadamia nut & lime 'cheese' topping with sprinkles of lime zest.

Summer Fruit Spring Rolls V

Summer fruit spring rolls with a chocolate drizzle and cream (dairy or soya)

Chinese Snow Balls C

Condensed milk coconut snow balls served with ice-cream and a lemon sauce.

Raw Chilli Chocolate Cake R,V,C

Raw chocolate cake with raw chocolate and cashew & macadamia cream with summer fruits



The Coven

Naturally Delicious Food & Drink



Oriental Night

Gourmet Menu
September 8th 2011



Entree

Oriental 'Mezze'

R,V,C

Oriental Themed Vegetable Nibbles including raw vegetable sushi. Raw sesame toast. Crispy red 'seaweed.'

Starters

Sweet Chilli Fritters

Sweet corn fritters with sweet chilli sauce

V,C
*

Crispy Cold 'Stir-Fry'

Raw stir-fry salad with courgette noodles

R,V,C
*

Birds Nest

Birds nest (fried potato noodles) with pea puree and boiled quail egg and balsamic reduction

C

Crispy (Not) Duck

Crispy mushrooms in Chinese pancake with spring onions, cucumber and hoi sin sauce

V,C
*

Spicy Thai Coconut Soup

V,C
*



Palette Cleanser

Mango & Ginger Sorbet

R,V,C



Thai Soup

All food on this menu is Vegetarian

V=Vegan (or vegan option available)
C=Coeliac Safe, R= 'Raw'



Sticky Aubergine

Mains

Thai Green Curry

V,C
*

Broccoli and sweet corn cooked in coconut milk and Thai spices. Served with noodles or rice.

Satay Nut Cutlet Stack

V,C

Chinese-spiced nut cutlet stacked with sautéed Potatoes, mushrooms & onions with a cashew satay sauce

Five Spice Stir Fry

V,C

Selection of oriental vegetables stir-fried in Chinese Five-Spice', ginger and chilli - served with authentic rice noodles

Chinese in the Raw

R,V,C
*

Warm dehydrated broccoli tossed in a raw hoi sin sauce served with warm dehydrated parsnip rice.

Auber-Blast

V,C
*

Aubergines, courgettes, mushrooms and onions simmered in Fentiman's Curiosity Cola, Chinese spices ginger and fresh chilli with cashew nuts. Served with crispy potato noodles.

Sticky Aubergine

V,C
*

Dehydrated aubergine deep-fried in a wheat/gluten free crispy batter tossed in sweet chilli sauce and sesame seed - served with fried rice



Food Combinations

If you see a '*' by a menu item it means you can use it as part of a 'sampler' meal – a combination of foods on one plate. This may delay your meal slightly.