

Sample Menu

Breakfast

- Fresh orange/apple juice
- Cereal selection with soya/rice milk
- Fresh/dried fruit
- Toast
- Yoghurt
- Warm scones
- Selection of preserves

Cooked Breakfast

On Request - £4.00 Typically consists of the following:

- Vegan sausages
 - Soy marinated mushrooms
 - Baked beans
 - Vegan rasher
 - Tomatoes
 - Toast
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- Evening Meal

On request - £14.50 / (children under 12 - £7.50)

Three courses:

- Mushroom cocktail
- Special Occasion Tofu
- Basmati Rice
- Fresh Green Salad
- Chocolate Orgy Pudding

Packed Lunch

On request - £4.50. Typically consists of the following:

- Sandwiches
- Fruit Juice or Flavoured Soya Milk
- Fruit
- Flapjack

Many of the recipes we use are from the Isle of Wight Vegetarians & Vegans' two recipe books, "Meals Without Squeals" and "More Meals Without Squeals". These books, which are 100% vegan, are available by mail order from:

David & Sally Burnett (I.W.V.V.), 5 Arthurs Hill, Shanklin, Isle of Wight PO37 6EW.

Each book costs £3.50 including postage (cheques payable to I.W.V.V. please)