

CARIBBEAN

VEGAN TAPAS TUESDAY

BROWN JACKFRUIT STEW

Pulled jackfruit marinated in aromatic spices

MAC & CHEESE

Macaroni baked in a "cheesy" sauce

FRIED PLAINTAIN

ACKEE & "SALT FISH"

Curried ackee fried with palm hearts

BBQ JERK AUBERGINE

With fresh mango salsa

RICE & PEAS

Cooked with fresh chillies & coconut cream

CORN FRITTERS

Crispy, spiced, sweet corn fritters

BLACK EYED PEA & SWEET POTATO CURRY

A creamy sweet & mild curry

TRINIDAD DOUBLES

Two spiced flatbreads filled with curried chickpeas

£4.50 OR 3 FOR £12

THE LAMPLIGHTER

ITALIAN

VEGAN TAPAS TUESDAYS

DOUGHBALLS

Served with a in garlic "butter"

GREEN PASTA SALAD

Fresh pasta with peas, courgette & asparagus tossed in a mixed herb & lemon dressing

ITALIAN HERB ROASTED POTATOES

With a rich tomato sauce topped

ITALIAN ROASTED VEGETABLES

Roasted red onion, pepper & courgette on a bed of homemade olive tapenade and topped with fresh chilli

PANZANELLA SALAD

Tomato, cucumber, red onion and olives with a lemon oil dressing

MARGHERITA PIZZA ROLLS

SPINACH AND CREAM CHEESE CANNELONI

Served with a tomato sauce and creamy white sauce

CHESTNUT MUSHROOM RISOTTO

RED CHILLI AND SUNDRIED TOMATO PESTO

Served with spaghetti

£4.50 OR 3 FOR £12

THE LAMPLIGHTER

AMERICAN

VEGAN TAPAS TUESDAYS

HOMEMADE CORNBREAD

With "bacon" spread

NEW ENGLAND "LOBSTER" ROLLS

With vegan garlic butter in a soft white roll

COBB SALAD

Chopped salad with lettuce, tomato, cucumber, avocado in a red wine vinaigrette topped with a garlic & cheese dressing

STATE FAIR CORN DOGS

With American mustard

"CHICKEN TENDERS"

Crispy southern fried mushrooms with spicy buffalo sauce

MAC & CHEESE

CORN ON THE COB

Spiced baked corn on the cob with chipotle mayo

PULLED BBQ JACKFRUIT

With 'slaw

POTATO SALAD

New potatoes with creamy mayo, red & spring onion

£4.50 OR 3 FOR £12

THE LAMPLIGHTER

ASIAN
VEGAN TUESDAYS

NOODLE SALAD

chilled rice noodles with sesame oil dressing

CRISPY TOFU

with sweet chilli sauce

MISO MUSHROOMS

chestnut mushrooms tossed in a sweet and savoury glaze

MUSHROOM AND PAK CHOI DUMPLINGS

with soy & crispy chilli dipping sauce

STIR-FRIED PAK CHOI

with garlic and chilli

PINEAPPLE FRIED RICE

“PRAWN” TOAST

topped with sesame seeds

CRISPY KATSU AUBERGINE

panko coated aubergine with katsu sauce

SATAY UDON NOODLES

udon noodles coated in creamy, spicy satay sauce

£4.50 OR 3 FOR £12

THE LAMPLIGHTER

ASIAN

NOODLE SALAD

chilled rice noodles with sesame oil dressing

CRISPY TOFU

with sweet chilli sauce

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BOOK NOW FOR INDIAN THEME NEXT WEEK

THE LAMPLIGHTER

INDIAN

VEGAN TAPAS TUESDAYS

ONION BHAJI

AUBERGINE KORMA

Sweet and mild curry with toasted almonds

RED LENTIL DHAL

MIXED VEGETABLE JALFREZI

Spicy rich tomato sauce with peppers, onions, courgettes and aubergine

CHAPATI

Homemade chapati served with mango chutney and spicy lemon pickle

BOMBAY POTATOES

SAG "PANEER"

Crispy curried tofu with spinach and mustard seeds

CURRIED PARSNIPS

Roasted curried parsnips sat on a rich curry

MUSHROOM RICE

£4.50 OR 3 FOR £12

THE LAMPLIGHTER