



Evening

DINNER MENU

TWO COURSES

15.95

THREE COURSES

19.95



CALL TO
BOOK

WETHERBY

01937 580135

ILKLEY

01943 607086

HARROGATE

01423 560988

YORK PETERGATE

01904 654123

BEVERLEY

01482 869993

Autumn evenings

TWO COURSES FOR 15.95 THREE COURSES FOR 19.95

STARTERS

Vegan soup of the day with toasted wholemeal bread VE | DF

Haddock & sweet potato fish cakes with fennel and orange slaw GF | DF

🍴 Beef or Turkey meatballs in red pepper and tomato sauce with paprika lemon flatbreads GF | DF

Wild mushrooms on a spinach pancake with roasted figs GF | V

🍴 Vegan smoked cashew pâté with lemon flatbreads & kumquat marmalade GF | VE | DF

MAINS

Vegan Jackfruit Pie slow cooked jackfruit with winter vegetables & brown miso, topped with sweet potato & toasted almonds served with tamari, chilli broccoli VE | DF | GF

Beef, Turkey or Vegan burger in a classic pumpkin seed bun, spinach hummus, salad, smoked cheese (omit for VE) served with sweet potato wedges

Moroccan tagine of the day with wholegrain basmati rice & flatbreads GF | DF

🍴 Warm chicken salad with kale, butternut squash & caramelised red onions GF

🍴 Bench press bowl with green herb quinoa, lentil & feta,

sweet potato, cottage cheese, poached egg & maple tahini dressing GF

Choose from- Lentil & dill salmon fillet | Peanut butter chicken schnitzel | Turmeric halloumi

Smoked haddock & sweet potato fishcake | Sweet potato & lentil burger | Salmon + £2 supplement

🍴 7oz Sirloin Steak with tamari & chilli broccoli, cajun potatoes, feta & basil oil GF
+ £3 supplement

Shakshuka baked eggs with Middle Eastern spiced peppers, mushrooms & potatoes served with lemon paprika toast GF | DF Sliced sirloin steak + £3 supplement

🍴 **Protein stack Bench press on baby gem, pickled red cabbage, avocado, cottage cheese, green herb quinoa salad & maple tahini dressing served with sweet potato wedges GF

Sweet potato & lentil meatballs on courgetti in a red pepper & tomato sauce with almond 'parmesan' VE | DF | GF

DESSERTS

Warm chocolate brownie with berries & Greek yoghurt GF | V

🍴 Peanut butter cheesecake with salted caramel sauce DF | VE | GF

Baked grapefruit with soya vanilla yoghurt & coconut sugar DF | VE | GF

SIDES 4 each GF | DF | VE

SWEET POTATO WEDGES | TAMARI & CHILLI BROCCOLI | GREEN HERB QUINOA SALAD | CAJUN POTATOES

* FOR GF ASK FOR GLUTEN FREE VEGAN BREAD | **VE AVAILABLE
GF - GLUTEN FREE | DF - DAIRY FREE | V - VEGETARIAN | VE - VEGAN | 🍴 POST GYM
PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS

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