



# THE VINE INN

## SLIMMING FRIENDLY

### MENU



### STARTERS

- Gf & v POT OLIVES in brine 60g/78kcal £3
- Gf ½ PINT SHELL ON PRAWNS 42 kcal £7.95
- Gf & v Red pepper & green pesto hummus & crudities 170kcal  
£5.95

### Mains

- GF & V Red LENTIL TOM & PEPPER COTTAGE PIE & SIDE  
SALAD @ 246kcal £12.95
- Gf Chilli & rice @ 530kcal serving £13.95
- Gf 8 oz. sirloin minted new potatoes & seasonal veg @ 540 kcal  
£18.95
- Gf 8 oz Gammon minted new potatoes & seasonal veg @1080  
kcal £15.95
- Gf Jacket potato (77 kcal/100g); add Chilli 300 kcal; Tuna light  
mayo 100 kcal; Cheese 40g/112kcal & beans 200g/136kcal; prawn  
light mayo 120kcal; (s/w small side salad) £12.95

### Sides

- Gf & v Jacket potato; 100g/77kcal £6
- Gf & v Potato wedges; 100g/77 kcal £6
- Gf & v Side salad; £2.95
- Gf & v Mixed seasonal vegetables @ 60kcal £3.95
- Gf & ve 40g half fat cheddar 112 kcal; £2
- Gf & v New potatoes; 100g/96kcal £6
- Gf & v 100ml Jug gravy; -- 26kcal

Please speak with a member of staff about slimming friendly choices; and see specials board for this week's slimming friendly specials 😊

- Gf & v Fry light roast potatoes; 100g/96kcal & low fat Yorkshire  
--- kcal £1.50 supplement each (Sundays only)