



MEDINA COTTAGE
HEATH ROAD, HICKLING, NORFOLK

○ VEGAN

PUMPKIN BRUSCHETTA

Crispy roasted baguette, a pinch of garlic, roasted Hokkaido pumpkin, sweet and fruity pomegranate seeds, aromatic basil and a spicy umami sauce – A Japanese-inspired (VE) mayonnaise, white miso paste, teriyaki, sriracha, grated garlic, and a splash of lime juice for a creamy, balanced finishing sauce.

PORTOBELLO MUSHROOM WELLINGTON

Plant-based, gluten-free puff pastry with and a umami filling made from finely chopped mushrooms, chestnuts and or lentils, walnuts, and tamari

THAI GREEN VEGETABLE CURRY

Full of flavour, this healthy vegan Thai Green Curry is a flavor bomb in a bowl! Fresh vegetables, full of asparagus, carrots are simmered in a flavorful coconut green curry sauce and served over rice

KALE SALAD

A vibrant crunchy kale salad with Japanese-inspired roasted sesame dressing, pomegranate, celery, chickpeas and tofu; packed with flavour and protein.

NUT ALLERGY – Some dishes contain nuts or nut traces. Please advise us in advance if you have a nut allergy.

○ DESSERTS

TRIPLE CHOCOLATE BROWNIES (V) (VG)

A Fudgy, rich and chocolately brownie. Vegan and gluten-free options, packed with chocolate, chocolate and more chocolate!

CARROT & WALNUT CAKE (V) (VG)

An indulgent carrot cake with spiced carrot, walnuts, and dairy-free cream cheese. A delicious treat for everyone!

SEASONAL FRUIT TARTLETS (V) (VG)

These elegant fruit tarts are made with a vegan sweet pastry and filled with soft, ripe seasonal fruits, served with a scoop of Lemon Sorbet.

○ VEGETARIAN

ORZO PASTA SALAD

Crispy cucumbers and juicy tomatoes play off briny olives and salty, tangy feta cheese. The orzo pasta and chickpeas with a zingy Greek dressing ties it all together. A delicious, and summery dish of crunch and flavour, loads of nutrition with a light Mediterranean vibe.

HOMEMADE HUMMUS, ROASTED PEPPER & SPINACH

This creamy, rich fluffy homemade hummus is packed with a nutty, lemony flavor and served with toasted pitta bread.

VEGETABLE LASAGNE

Made with a creamy ricotta and spinach filling, with layers of roasted vegetables and a homemade tomato lasagna sauce.

SEASONAL GREEN SALAD (VE)

Adapted to the time of year by using fresh, local produce. August ingredients include tender baby greens, cucumber, goats cheese, fresh herbs and ripe stone fruits or berries tossed in a simple apple cider vinaigrette.

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○ WINES

TERRA DI NONNO VERMENTINO 2025 (V) (VG)

A A zesty Vermentino from a pioneering Sicilian winery. It sings with zingy citrus, juicy pear and crisp apple..

CABALIÉ 2025 (V) (VG)

A smooth, richly spiced, black red – from deep southern France. A Grenache-charged, old-vine gem, brimful of spicy berry fruit.

MILLE BOLLE ALCOHOL FREE SPARKLING (V)

A Chardonnay based wine, gently de-alcoholised, then fermented again to create the bubbles. Zesty and fresh.