

# THE MONASTERY 2026 MENUS

## Bowl Foods Menu

£36.50

Please choose 4 options to include 1 dessert

### MEAT

14-hour braised featherblade, beef fat fondant potato, maple glazed carrot, wilted greens, peppercorn sauce

Slow braised char sui Cumbrian pork belly, apricot hoisin, kohlrabi & radish slaw, soy & sesame dressing, 5 spiced crispy crackling

Pressing of poached chicken, parmesan custard, charred baby gem, Caesar emulsion, rosemary & garlic toasted focaccia, tarragon oil

Lamb kofta, batata harra crushed potatoes, beetroot hummus, charred aubergines, courgettes & butternut squash, wilted spinach & dukkah

Rare roasted Angus beef loin, slow braised beef cheek & parmesan gnocchi, cavolo nero, red wine reduction

Roasted pork tenderloin, nduja lemon & parmesan polenta Wirral rocket pesto, wilted greens & toasted pinenuts

### FISH

Pan seared seabass, fennel & saffron risotto cake, aubergine caponata, charred Romano pepper, lemon & rocket pesto

Lemon roasted Cornish cod loin, panko fried cod cheek, butter & herb crushed potatoes samphire, capers, white wine and dill cream sauce

Lemon tempura banana blossom, butter & herb crushed potatoes samphire, capers, white wine and dill cream sauce (pb)

Smoked Scottish salmon, fennel & radish slaw, teriyaki dressing, nori cracker, wasabi emulsion, toasted sesame



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### PLANT BASED

Beetroot & lentil boudin, garlic & thyme fondant potato, maple glazed carrot, wilted greens, peppercorn sauce (pb)

Tempura banana blossom, fennel & saffron risotto cake, aubergine caponata, charred Romano pepper, lemon & rocket pesto (pb)

Soy glazed tofu, fennel & radish slaw, teriyaki & sesame dressing, nori cracker, wasabi emulsion (pb)

Char sui soya bean curd, apricot hoisin, kohlrabi & radish slaw, soy & sesame dressing, 5 spiced crispy scratchings (pb)

Celeriac, lentil & walnut terrine, parmesan custard charred baby gem, Caesar emulsion, rosemary & garlic toasted focaccia, tarragon oil (pb)

Ras al hanout spiced aubergine, chickpea kofta, batata harra crushed potatoes, beetroot hummus, charred aubergines, courgettes & butternut squash, wilted spinach & dukkah (pb)

Treacle glazed portobello & lentil boudin, oyster mushroom & parmesan gnocchi, Cavolo Nero, red wine reduction (pb)

Roasted fennel & smoked paprika roulade, lemon basil & parmesan polenta, Wirral rocket pesto, wilted greens & toasted pinenuts (pb)

### DESSERTS

Sticky toffee pudding, butterscotch sauce, caramel popcorn

Lemon posset, fresh raspberry, crisp shortbread

Blackberry bakewell, vanilla custard, bee pollen

Proper trifle; strawberry jelly, sherry-soaked sponge, custard, vanilla cream

Dark chocolate marquise, torched marshmallow, salted dulce de leche

Dark chocolate mousse, torched meringue, salted caramel (pb)

White chocolate cheesecake, dark chocolate sauce, banana espuma

Vanilla cashew cheesecake, dark chocolate sauce, banana espuma (pb)

*(The first 4 desserts can be made plant based)*

