

## **Roast Golden Beetroots, Fava Bean Mash and Cavelo Nero Pesto**

Roast Golden Beetroot and Cavelo Nero are in season right now, and these ones are grown just down the road: **The Community farm, Chew Magna.**

Fava Beans are Britain's original bean, the **fava bean** is delicious, nutritious and good for the soil: **Hodmedods.**

## **Leek Fritters, Split Flamingo Pea Dhal, Apple Smoked Tofu Keema Speltballs, Herbs**

These leeks have come from **The Community Farm** too, a community owned organic farm in Somerset, and are full of flavonoids, which have anti inflammatory properties among other good stuff.

Flamingo Peas were first harvested in the UK in 2021. A great alternative to more intensely farmed pulses: **Hodmedods**

Using Organic Spelt Flour from a Somerset mill using agro-ecological principles, with a vision towards maintaining and improving soil fertility: **Shipton Mill**

Our Tofu is made on the Quantocks by a guy called Andy in small batches, and smoked with the waste apple from his juice production: **Herby 4, Bicknoller** (If you fancy trying his apple juice we sell it on the bar)

## **Apple Tart Tartin, Sea Buckthorn Syrup and Ice cream**

We have an abundance of apples at the allotment at this time of year, so we will be putting them to good use: **Rectors Way Allotment Orchard**

Sea Buckthorn can be found in sand dunes along the coasts of the UK, its thought to have many healing properties, and can be used as a diverse ingredient in cooking: **Uphill Sand Dunes**

A locally made plant based vanilla ice cream. Because who wants apple pie without ice cream?: **Marshfield Farm, Bath**