

## The Restaurant at Ryton Organic Gardens

Opening Hours 9am – 4.45pm Lunch 11am – 3pm

**Bookings taken on 02476 307 142**

The Restaurant offers Breakfast, Morning Coffee, Lunches & Afternoon Tea, we also offer a Selection of Roasts on Sunday along side our normal menu.

We also provide catering for private functions, celebrations, anniversaries, christenings, conference facilities, seminars & meetings, please ask a member of staff for details.

We pride ourselves on using only the finest organic produce & wherever possible we use produce from our own gardens.

**You will notice that our menu has symbols alongside some of the dishes, these are explained below.**

- V = this dish is suitable for Vegetarians
- V+ = this dish is suitable for Vegans & Vegetarians
- GF = this dish is suitable for Gluten Free diets
- \* = this is a non organic product
- = this dish uses organically farmed Salmon

### **TEAS**

**Breakfast Tea** £1.20

**Decaffeinated Breakfast Tea** £1.35

**Earl Grey, Darjeeling, Assam** £1.35

**Selection of Herb Tea's** - £1.35

*Elderflower, Peppermint, Lemon Verbena, Rose Hip, Camomile, Green Chai, Red Fruit*

**COFFEES** (All served with milk, served with cream add 60p)

**Filter Coffee per cup** £1.45

	<b>Small</b>	<b>Large</b>
<b>Cafetiere</b>		
<b>Medium Roast</b>	£2.95	£4.75
<b>High Roast</b>	£2.95	£4.75
<b>Decaffeinated</b>	£2.95	£4.75
<b>Frothy Coffee</b> £2.50		
<b>Drinking Chocolate</b> £2.00		

### **COLD DRINKS**

	<b>Small</b>	<b>Large</b>
<b>Apple Juice</b>	£1.10	£1.60
<b>Orange Juice</b>	£1.10	£1.60
<b>Carrot Juice</b>	£1.40	£2.25
<b>Kicking Cola</b> £1.40		
<b>Lively Lemonade</b> £1.40		
<b>Elderflower Press</b> £1.65		
<b>Vanilla, Chocolate or Banana Milkshake</b> £2.65		
<b>Mineral Water* (Still or Sparkling)</b>		
<b>1 litre bottle</b> £2.75		
<b>33cl Bottle</b> £1.50		

**Please see the back of the menu for our selection of organic wines & beers**

# WELCOME TO RYTON ORGANIC RESTAURANT

**ALL OUR DISHES ARE ORGANICALLY PRODUCED USING ONLY THE FINEST ORGANIC PRODUCE. ALL FISH DISHES ARE WILD CAUGHT OR ARE ORGANICALLY FARMED**  
NO GM PRODUCE IS USED IN ANY OF OUR DISHES

## **TO BEGIN**

**CHEF'S SOUP** ask for today's flavour served with baked bread and butter £3.25 V+ G/F (soup only)

**BRUSHETTA WITH APPLE & GUACOMLE** topped with cheddar cheese £3.95

**AUBERGINE, GOATS CHEESE & BASIL ROLLS** grilled and served warm on mixed leaves £4.25 V GF

**CRISP BACON, APPLE & WALNUT SALAD** With mixed leaves £4.25

**COURGETTE, TOMATO & TAPENADE TART** with mixed leaves & an Olive oil dressing £3.75 V

## **VEGETARIAN DISHES**

\***VEGETABLE MOUSSAKA** with salad or Vegetables of the day £9.75 V+

**VEGETABLE RISOTTO** Seasonal vegetables & tender aborio rice £8.95 V+ GF

\***BEAN & LENTIL LOAF** with Provencal sauce & Seasonal vegetables and potato £8.75 V+

**MUSHROOM, PEPPER & COURGETTE PASTA** in a creamy garlic sauce topped with cheese £9.75 V

## **MAIN DISHES**

\***ELMHURST GRILLED BANGERS** served with a creamy mashed potato & onion gravy £10.50

\***GRILLED LAMBS LIVER** lightly cooked, served with bacon & herb mash £10.25 (GF on request)

\***CASSEROLE OF THE DAY** served with seasonal vegetables £9.75

\***GRILLED FISH OF THE DAY** Served with potato & vegetables £9.95

**CAJUN SPICED SARDINES\*** with chef's chunky salsa and seasonal salad £9.75 (GF on request)

**\*Main dishes marked are served with fresh vegetables & potato of the day;  
alternatively why not try a crisp salad bowl**

## **LIGHT BITES & SALADS**

**CATH'S HOUSE PLATTER** a choice of ham, beef, cheese, Mediterranean vegetable served with a selection of seasonal salad items £8.75

**JACKET POTATO** with filling of the day served with a side salad £6.75

**CHEESE & POTATO PIE** served with a side salad £6.50

## **FRESHLY PREPARED SANDWICHES OR BAGUETTE**

On white or brown bread with jacket wedges & coleslaw filled with one filling of your choice £4.25

Crusty white baguette with jacket wedges & coleslaw filled with one filling of your choice £6.50

### **MATURE CHEDDAR WITH ONION MARMALADE**

### **EGG MAYONNAISE WITH SALAD**

### **MEDITERRANEAN VEGETABLE V+**

### **HOME BAKED HAM WITH TOMATO**

### **HUMMUS & SALAD V+**

## **CHILDREN'S MENU WE WELCOME OUR YOUNGER DINERS (UNDER 12 YEARS ONLY)**

ALL MAIN DISHES CAN BE SERVED AS HALF PORTIONS AT HALF PRICE, ALTERNATIVELY  
CHOOSE FROM THE FOLLOWING SELECTION

**CHEESE, EGG OR HAM SANDWICH** with potato wedges or lettuce & cucumber £2.75

**RATATOUILLE PASTA** bound in a fresh tomato and vegetable sauce £3.95 V+

**CHILDREN'S JACKET POTATO** served with cheese & beans £4.50 GF

**GRILLED BANGERS** served with mashed potato & gravy £5.25

**CHEESE or BEANS ON TOAST** £3.25

**ICE – CREAM** Vanilla, Chocolate or Strawberry Ice-cream £1.15 per scoop V

## **EXTRA PORTIONS**

**ADDITIONAL BREAD ROLL** V+ £0.75

**CRISP SEASONAL SALAD** V+ £2.25

**SEASONAL VEGETABLES** V+ £2.75

**POT OF GRATED MATURE CHEDDAR** V £1.95

**SPICED WEDGES with dip** V+ £2.75 (Sour Cream, Mayonnaise, Marie Rose, Tomato Ketchup)

**BOILED NEW POTATOES** V+ £1.75

**GARLIC BREAD** V £1.75

**GARLIC BREAD WITH CHEESE** V £2.75

**POT OF COLESLAW** V £1.05

## **DESSERTS**

**CHEESCAKE** served with seasonal fruits £4.25 V

**CHERRY CLAFOUTIS** served with cream or crème Anglaise £4.25 V

**GLAZED LEMON TART** with chantilly cream £4.25 V

**VANILLA CRÈME BRULEE** with a viennese biscuit & seasonal fruit compote £4.25 V (GF on request)

**BREAD & BUTTER PUDDING** with crème Anglaise £4.25 V

**SORBET** Blackcurrant or Mango Sorbet £4.00 V+ GF

**ICE CREAM** Strawberry, vanilla or chocolate ice cream £1.15 per scoop

**DESSERT OF THE DAY** £4.25 V

## WHITE WINE

(1 driest – 8 sweetest)

### LA MANCHA ORGANIC BLANCO, SPAIN

2003/04 13% V+ 2

A crisp dry white wine.

Glass £2.10 Bottle £12.00

### PINOT GRIGIO PERLAGE IGT, ITALY

2003/04 11.5% V 2

Aromatic & Fragrant.

Glass £2.50 Bottle £14.75

### CHATEAU VIEUX GEORGET, BORDEAUX

2004/04 12% V+ 1

Light, crisp in style a superb all rounder

Glass £2.25 Bottle £13.25

### CHARDONNAY, BONTERRA

2002 13.5% V+ 3

A lavish barrel fermented dry white.

Glass £2.95 Bottle £17.00

### KERNER KABINETT, STEFAN SANDER

2002/3 V+ 10.5% 4 (Rheinhessen)

A very versatile & drinkable German wine.

Glass £2.45 Bottle £14.25

## ROSE, SPARKLING & CHAMPAGNE

### DOMAINE DE CLAIRAC

**CABERNET SAUVIGNON ROSÉ** 2004 V+ 12% 1

Clean and dry with good colour.

Glass £2.50 Bottle £14.00

### BLANQUETTE DE LIMOUX,

**BERNARD DELMAS AC** V+ 12% 2

A very lively sparkling wine.

£19.95 Bottle only

### PROSECCO FRIZZANTE PERLAGE,

V 11.5% 2

An attractive sparkling wine.

£15.75 Bottle only

### BRUT, CARTE D'OR, JOSE ARDINAT

**CHAMPAGNE** V+ 12% 1

£25.95 Bottle only

All wines served in 125ml measure

**All wines, Beer, Cider & Lagers  
are Organic**

**Some Vintages may change without notice**

## RED WINE

(A lightest – E fullest)

### MERLOT DEL PIAVEO, PERLAGE, DOC

2003/04 V+ B 12%

An easy drinking red, a typically soft wine.

Glass £2.15 Bottle £12.50

### LA NATURE RHÔNE VALLEY RED AC

2002/03 V+ 13% C Costières de Nîmes

Excellent ripe berry fruit flavour.

Glass £2.15 Bottle £12.50

### RIOJA USOA DE BAGORDI DO, SPAIN

2003/04 V+ 12.5% C

a very drinkable young wine.

Glass £2.45 Bottle £14.25

### SHIRAZ- CARIGANANE- SANGIOVESE, BONTERRA

2003 V 14% C

a wine with an Inviting warmth of fruits.

Glass £2.80 Bottle £16.50

### CABERNET SAUVIGNON, BONTERRA

1999/01 V 12.5% D A lush weighty cabernet

Glass £2.95 Bottle £17.00

### DOMINIO LOS PINOS SELECCION TINTO DO VALENCIA

2002/03 V+ C

Mellow warmth to this vibrant lush fruit.

Glass £2.75 Bottle £16.00

## CIDER BEER & LAGERS

**GOLDEN PROMISE** 500ml 5.0% V+

A rich malty, bitter style beer £3.50

**PINKUS SPECIAL LAGER** 33cl 5.1% V+

from Münster, with a fresh light taste £2.75

**DUNKERTON'S SPARKLING CIDER** 33cl

7% V+ a medium dry delightful fruity blend  
£2.95

**FREEDOM LAGER** 330ml 4.8% V+ a

different class of lager £2.75

**SAMUEL SMITH'S LAGER** 550ml 5% V+

A small independent brewery, the oldest  
brewery in Yorkshire £3.50

**SAMUEL SMITH BEST ALE** 550ml 5% V+

A small independent brewery, the oldest  
brewery in Yorkshire £3.50

**DUCHY ORIGINAL ALE** 500ml 5% V

Made to a traditional & exclusive recipe using  
barley from selected organic farms including  
*Home Farm at Highgrove* £3.50

**BLACK FOX CIDER** 500ml 7% V+

A medium dry sparkling cider bottled by  
Dunkertons £3.50