**Welcome to The Coven**



What we aim for at The Coven is to provide a friendly, welcoming, relaxed place for **everyone** to eat, drink and have a lovely time. “Everyone” includes those of you with specific dietary needs or preferences. We want you to know that you have choice, too. You’re not an afterthought or a second class citizen and you’re in safe hands.

**Please make sure you make us aware of any dietary needs or preferences you might have.** We really want to make sure that we take care of you but to do that we need to know what you need. Then we can all relax.

**Key**

V- the dish is vegan (V) – the dish can be vegan

 GF –the dish is gluten & wheat free (GF) –the dish can be gluten & wheat free

**Opening Hours** – Monday, Tuesday, Thursday, Friday & Saturday 10.30am – 4.30pm

**Evenings** – we are also open on Friday and Saturday evenings from 6.30pm until around 10.30pm. Last service 8.00pm. Please book to ensure a place. We’re small and we fill up quickly and we wouldn’t want you to have a wasted journey.

**Special Events** – we do hold extra events throughout the year. FaceBook is the best place to keep up-to-date.

**The Garden** – as long as the weather allows we keep our lovely secret garden open. You can ask for a look any time. You’ll be amazed at what lies so close to the bus station.

See the **Specials Board** for additional choices each day and the **Dessert Board** to check out all the vegan, gluten-free gorgeousness you have to choose from.

Dairy cream is available.

The Coven, 43 Hallgate, Wigan WN1 1LR tel: 01942 237801 www.thecoven.biz

**Little Bits of Something**: **Things on Toast: (V), (GF)**

Toast ( 2 slices) (GF) £1.75 2 eggs, scrambled or fried £3.50

Crumpets (2) £1.75 Fried Tomatoes & Herbs £3.95

Muffin – flavours vary daily V,GF £1.50 Mushrooms, Tomatoes & Herbs £4.50

Mezze for one/two (V),(GF) £4.50/£6.50 Eggs & Mushroom £4.50

Chinese Fritters, starter portion on salad £4.95 Spinach, Tomato & Mushroom £4.95

Hummus (toast or pitta) £4.95 Souffled Cheese £4.95

Sandwiches/wraps (V),(GF**) from** £3.50 please ask

Soup and a Sandwich/Wrap (V),(GF**) from** £5.50

Olives, Feta and Sun-dried Tomatoes in a Pot (GF) £3.50

Fried Egg on Crispy Fried Potatoes GF £3.50

Add any of the following:

Onions, mushrooms, spinach, tomatoes 50p per item

Melted cheese £1.00 Mushroom burger £2..50 Additional egg £1.00

Soup of the Day V,(GF) £3.95 Always vegan, served with a slice of bread. See the Specials board.

Mega Veggie Breakfast (V),(GF) £6.50

Two slices of toast, fried potatoes, beans, mushrooms & tomatoes and two eggs, fried or scrambled, or more of something else if you’re vegan.

**Omelettes** made with 3 eggs andserved with a side salad

Plain £4.50 Cheese &Onion £5.50 Mushroom £5.50 Cheese, Onion & Mushroom £5.95 Fully Loaded ( mushroom, onion, potato, peppers, spinach, tomato & cheese) £6.95

**Mains**

Lasagne (V) £6.95 mediterranean vegetables in a rich tomato sauce topped with cheese or toffuti, served with a side salad. This is the only thing on the menu that can’t be gluten-free.

Spanish potatoes (V),GF £6.95 sauteed potatoes in a tomato sauce spiced with cumin and paprika, topped with cheese ortoffuti, served with a side salad.

Chinese Fritters V,(GF) £6.95 vegetables in a light, crispy 5 spice and ginger beer batter

on a bed of stir-fried vegetables and noodles, topped with sweet chilli sauce and sesame seeds.

BURGERS

Our mushroom burgers are probably our signature dish in the daytime.

Mushroom burger on a bagel or GF toast with salad £4.75

Our falafel burgers are made with our homemade hummus, mixed seeds and ground flaxseed so they are very healthy as well as scrummy.

Falafel burger on a bagel or GF toast with salad £5.50

Add any of the following toppings to either burger: Caramelized Onions 50p Cheddar£1.00Feta £1.00Stilton £1.50Jalapenoes& dried chilli 50p Chilli if available £.2.00

Breakfast Burger £5.95Mushroom Burger on a bagel or GF toast with melted cheese and a fried egg, served with salad.

**Noodles**  **Croques**£6.95 Served with salad

5 spice V,(GF) £4.75 Mushroom & Spinach

 Satay V,(GF) £5.75 Hummus & Mustard

Egg Foo Yung (GF) £5.75 Feta, Peppers, Olives& Sun-dried Tomatoes

**Salads:**

Mixed Salad£4.50 Hummus Salad (with pitta or GF toast) £5.95

Cheese Salad (cheddar, feta, stilton or a combination) £5.50

Greek Salad £5.95Hallgate Salad (stilton, walnuts, apple) £6.95

**Sides:**

Special Coven Chips £2.50

Made from scratch every time so please allow 15 mins

Side Salad £1.50

Bread & Butter or Vegan Spread £1.00

Olive Pot £2.50

**DRINKS**

**Coffee**

Our excellent triple-certified coffee is fair trade, organic and rainforest friendly.

Americano, Latte, Cappucino £2.50

Espresso £1.50

Please ask for other variations.

Soya milk available at no extra charge.

Syrups 50p

**Tea**

We have 20+ varieties of organic, loose-leaf tea.All varieties £2.25 per generous pot.

**Cold drinks**

Apple Juice, Orange Juice, Milk £1.75 Cola/Diet Cola (it could be Coke or Pepsi) £1.50

Cordial (hot or cold) £1.50

Fentiman’s Naturally Brewed Soft drinks £2.00

We usually have Rose Lemonade, Ginger Beer, Dandelion & Burdock, Shandy, Curiosity Cola and Seville Orange

**Milkshakes** (V) £4.00 Ice cream, milk and ice. Mixed Berry, Banana, Chocolate or Vanilla.