

VOTE
FOR US

Manx Menu Competition



Starter

CREAMY MANX VEGETABLE 'SEAFOOD CHOWDER' (GF*) 9.50

featuring Manx potatoes, carrots, green cabbage & Nori Seaweed, homegrown garlic chives topped with Crispy swede 'bacon' lardons & roof top parsley served with warm Noa's Bakehouse Rye bread with foraged wild garlic infused plant butter

With its hearty, warming nature, this soup is perfect for providing sustained energy, hydration and vitality throughout the colder months. Rich in immune boosting vitamins like C & A, this soup will help to protect against colds and support skin & eye health.

Main Course

MANX BEETROOT, TOMATO, GREEN LENTIL & CHILLI RAGU LASAGNE 16.95

Beetroot, tomato, chilli & green lentil ragu between layers of pasta and creamy watercress bechamel, topped with cashew nut 'parmesan' & drizzled with roof garden tarragon pesto, served with crispy kale, dehydrated red cabbage powder, crushed roast potatoes & foraged nettle

A nourishing meal with an array of winter wellness benefits perfect for maintaining health & energy during colder months. Beetroot & tomatoes are rich in antioxidants supporting heart health. Kale & watercress provide immune boosting vitamins along with anti-inflammatory properties. Green lentils provide plant based protein & fibre, aiding digestion and promoting sustained energy. Potatoes supply potassium for heart health and complex carbs for warmth and vitality. Cashew nuts support heart health, bone strength, brain function & immunity.

Dessert

CARROT CAKE SWISS ROLL 8.50

Filled with lemon buttercream & topped with quinoa crumble served with carrot puree, fennel syrup & apple compote

Packing whole, nutrient-rich ingredients like carrot, fennel, apple & quinoa into this dessert combines indulgence with winter wellness nutrition. The carrots, quinoa & apples provide fibre, vitamins and antioxidants to support immunity, digestion and skin & eye health. The lemon & fennel provide great digestive benefits including alkalizing and detoxifying.

Drink

THE WINTER BRAMBLE 9.00

Fynoderee Dry gin, locally foraged blackberry & lime syrup, blackcurrant liqueur, fresh rosemary, ginger beer & berries

Berries are packed with antioxidants, vitamin C and fiber for immune function, digestion & brain health. Rosemary is great for enhancing memory, circulation, and stress reduction!