



TETBURY

MEAT FREE MONDAYS

WITH ERIN BAKER
OF THE NATURAL COOKERY SCHOOL

ALL DISHES ARE VEGAN, GLUTEN-FREE
AND REFINED SUGAR-FREE!

£15 PP

MARDI GRAS!

5TH
FEB

CREOLE GUMBO, DIRTY RICE, CAJUN STYLE GREENS,
QUINOA HUSH PUPPIES

BOURBON PECAN PIE WITH CHOCOLATE ICE CREAM

ETHIOPIAN EXPERIENCE

5TH
MAR

MESIR WAT: LENTILS WITH BERBERE SPICE BLEND
ATKILT WOT: SLOW COOKED VEGETABLE STEW
YE'ABESHA GOMEN: FRAGRANT BRAISED GREENS
INJERA: TRADITIONAL TEFF SOURDOUGH CREPES

BAKLAVA STUFFED PEARS WITH COCONUT YOGHURT

FRESH & FRAGRANT VIETNAMESE

2ND
APR

PHO: FAMOUS NOODLE SOUP
BAHN XEO: SIZZLING CREPE OF SHIITAKE MUSHROOMS,
BEAN SPROUTS AND SPRING ONIONS SERVED WITH
FRESH HERBS, LEAVES AND LIME CHILLI DIPPING SAUCE

CHE CHUOI: BANANA, COCONUT AND TAPIOCA PUDDING
WITH SESAME PEANUT CRUMBLE

BOOK YOUR TABLE:
01666 500021 | STAY@THEROYALOAKTETBURY.CO.UK





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The Italian Job

7TH
MAY

SUN DRIED TOMATO POLENTA WITH GRILLED
ASPARAGUS & RADISH TOPPED WITH WILD GARLIC
PESTO SERVED WITH ROSEMARY FOCACCIA

VANILLA PANNA COTTA WITH POACHED RHUBARB &
HAZELNUT CRUMBLE

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LEARN HOW TO COOK YOUR OWN MEAT FREE MONDAY FEAST!

CHEF ERIN BAKER WILL BE TEACHING A SERIES OF WORLD FOOD WORKSHOPS AT
ASPARAGASM KITCHEN & HUB IN NAILSWORTH.

EACH CLASS WILL CONSIST OF HANDS-ON COOKING AND PREPARING A DELICIOUSLY
THEMED THREE COURSE MEAL, INCLUDING PLATING UP RESTAURANT STYLE SO YOU CAN
SHOW OFF YOUR SKILLS AT YOUR NEXT DINNER PARTY!

LIMITED TO 8 PLACES PER WORKSHOP TO ENSURE EVERYONE GETS A PERSONAL EXPERIENCE.

Sat. 7th April
PAN ASIAN EXPRESS

Sat. 12th May
FLAVOURS OF THE
MEDITERRANEAN

£75
per person

Sat. 2nd June
MIDDLE EASTERN MEZZE

Sun. 8th July
MEXICAN STREET FOOD

BOOKINGS: ASPARAGASM.COM | TIPS@ASPARAGASM.COM