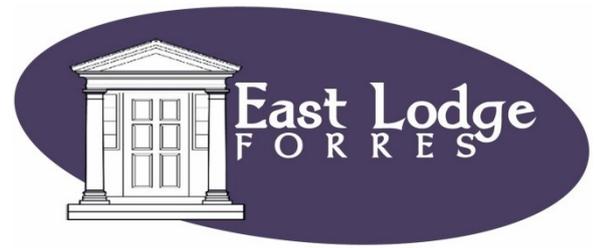


A (Brief) Vegan Guide to Forres

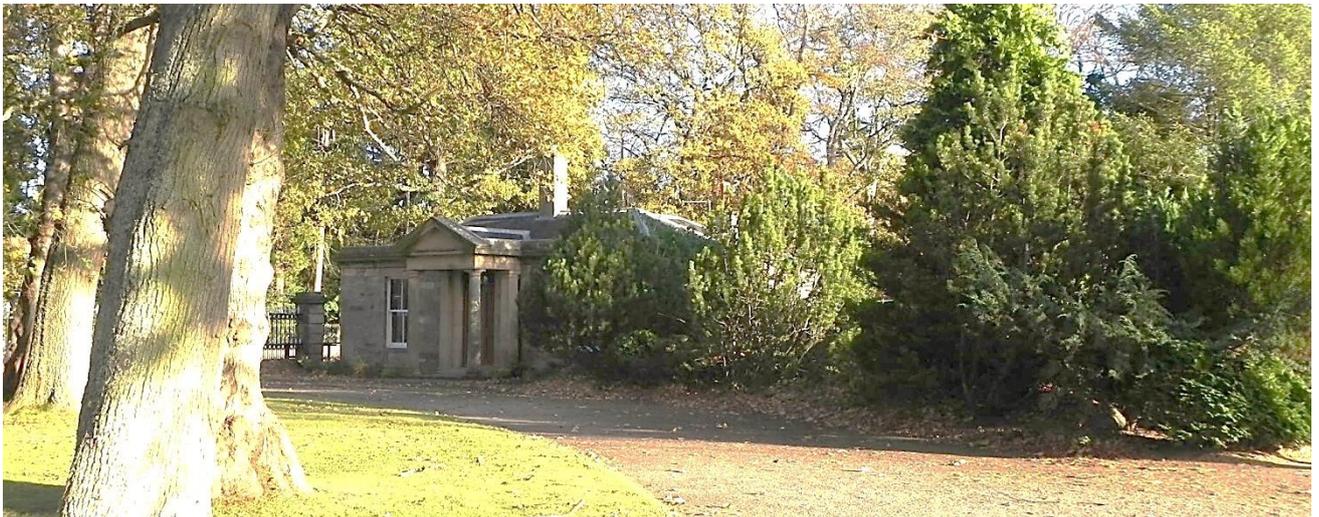


www.eastlodgeforres.co.uk/

**You can be sure of a warm vegan welcome from Ian & Bea
in the stunning Scottish Highlands at East Lodge, Forres**

We have welcomed people from all over the world to East Lodge. Some come for the scenery or the history, others to meet up with family members or old friends, others still to walk the stunning landscapes or to play a round or two on one of the many local golf courses. However, as vegans we are always keen to receive other veggies at the lodge – indeed, Vegan Society members qualify for a 10% discount on bookings.

We thought it might be useful to provide some brief details about East Lodge, how to get here, and the various local eateries which cater for vegans...



East Lodge

East Lodge is a dog-friendly self-catering cottage sleeping up to four people, located in the centre of Forres, an attractive small town (and former royal burgh) in the Scottish Highlands, close to the stunning Moray coast. This historic property (it's a listed building) was formerly part of the estate of Forres House, a grand mansion which was situated at the town end of leafy Grant Park. The lodge now occupies a peaceful setting at the edge of the park, whilst at the same time being ideally located for access to shops, restaurants, cafés and hostelryes. So you're only a few minutes away from a bevy of great places to eat and drink. We can offer a host of mod cons, including free on-site parking, an enclosed patio, free Wi-Fi, and an HD-TV and DVD player with a large selection of titles. There's a children's play area near the lodge, as well as a refreshment kiosk which now offers homemade vegan ice cream.

How to get to East Lodge

East Lodge is only about a 15-minute walk from Forres railway station. If you're coming by bus it's even closer – there are stops for the Inverness-Aberdeen route on the road which runs past the property. Inverness airport is about 30 kilometres to the west, with Aberdeen airport also located not far away to the east. If you live near the Caledonian Sleeper route we recommend trying out the overnight train to either Inverness or Aberdeen.

Eating out in Forres

As vegans, in our opinion Forres is better than most small towns in providing for those with special dietary requirements. We recommend the following eateries (in no particular order) – just a small selection of what's on offer (and all within a 10-minute walk of East Lodge):

The Peppermill (118 High St, IV36 1NP) is a café and bistro serving breakfasts, lunches, cakes and evening meals.



The standard menu includes both vegan and gluten-free options. In addition, specials are often GF/vegan. Soya milk is always available and GF/vegan cakes are usually on the menu – the vegan chocolate cake is highly recommended!

For evening meals it is worth booking and mentioning dietary requirements in advance. The proprietors are very helpful and accommodating. Further info: <https://www.facebook.com/pages/The-Peppermill/818394201563335>



Kristoff's (3-5 Tolbooth St, IV36 1PH) is a pub with a restaurant on the upper floor which is open for breakfasts, lunches and evening meals.

There is a separate vegan menu with choices of starters, mains and desserts, whilst the standard menu has several gluten-free items, or dishes which can be adapted to be GF. Further info: https://www.facebook.com/Kristoffs-bar-restaurant-1661180124136839/timeline?ref=page_internal



The Mosset Tavern (Gordon St, IV36 1DY) is a popular public house with an adjoining restaurant (dogs are allowed in the bar area).

There is a separate vegan menu which is also GF, offering a selection of

starters, mains and desserts (there are also several gluten-free items on the standard menu).

The Mosset also serves local beers (including some vegan varieties) and whisky (the Benromach distillery is only a stone's throw away). There's also a legendary quiz on Tuesday evenings. Further info: <http://mossettavern.com/>

TO START
CHEF'S HOMEMADE LENTIL SOUP With oatcakes. (GF) £4
CRISPY TEMPURA VEGETABLES On sesame dressed leaves and thai sweet chilli dip. (GF) £5
ROASTED BUTTERNUT SQUASH, PINE NUT AND TOMATO SALAD With a red onion and chutney and balsamic reduction. (GF) £5
MAINS
GRILLED FLATBREAD Filled with a mixed vegetable and tomato ragout, sweet potato fries and dressed leaves. £11
WILD MUSHROOM AND ROAST GARLIC PAPARDELLE PASTA With baby spinach, tarragon, olive oil and rocket leaves. (GF) £11
CAJUN SPICED ROAST VEGETABLES With a steamed rice, and roasted red pepper coulis and herb oil. (GF) £11
SWEETS
RED BERRY CRUMBLE With a lotus biscuit crumb and sorbet. £5.5
TRIO OF SORBETS (GF) £5
CRISPY CHOCOLATE AND HAZELNUT FILLED CHURROS With fresh strawberries and a pot of chocolate dipping sauce. (N) £5



Cardamon Spice (64-66 High St, IV36 1PQ) is an Indian restaurant which also offers a takeaway service.

The menu has several vegan and gluten-free options. The eat-in version is marked with allergy information, but not the takeaway version. However, staff are helpful and willing to adapt dishes. The seating is mostly in the form of booths, which makes for a relaxed and private dining experience. Further info: <http://csforres.co.uk/> or <https://www.facebook.com/Cardamon-Spice-244201822259097/>