

IUCN UK Peatland Programme

Day 1 Welsh Ingredient-Led Plant-Based Menu

Buffet Lunch: Coastal & Field Table

- Coalfield BBQ Mushroom 'Chips Shop' Salad – Smoky BBQ oyster mushrooms mixed with slaw, crispy potato shards, chip-shop curry sauce drizzle, and pickled beetroot.
- Welsh Cawl (Vegan Stew) – Root vegetables, barley, and fresh herbs in a savory broth, served in cups.
- Seasonal Slaw with Cider Dressing – Cabbage, carrots, and apples tossed in a Welsh cider vinaigrette.
- Classic Welsh Salad – Includes pickled walnuts, vegan cheese, and local greens.
- Fruit Platter – Featuring Welsh apples, pears, and berries.
- Welsh Brew Tea & Coffee