

IUCN UK Peatland Programme

Day 1 Welsh Ingredient-Led Plant-Based Menu

Buffet Lunch: Welsh Garden Table

- Roasted Root Vegetable Salad – Roasted Anglesey carrots, parsnips, and beets, tossed with local rapeseed oil and fresh herbs.
- Bara Brith Crunch with Cauli 'Cheese' Cream – Rocket and gem lettuce topped with cumin-roasted cauliflower, Welsh pears, bara brith croutons, creamy cauliflower 'cheese' sauce, and toasted seeds.
- Laverbread & Potato Cakes – Pan-fried cakes made from Welsh seaweed and Pembrokeshire potatoes, enhanced with lemon and dill.
- Heritage Tomato & Pickled Shallot Salad – Welsh-grown tomatoes paired with pickled shallots and mint.
- Batch Rolls & Vegan Butter
- Welsh Brew Tea & Coffee

Street Food Dinner: 3 stations and dessert bar

Caws & Tattws – The Dirty Rarebit Potato Bar

Theme: Loaded potatoes drenched in vegan rarebit and Welsh-style toppings.

- Rarebit Rebel Potatoes / Tattws Rarebit Gwrthryfel
- Leek & Ale Gravy Poutine / Poutine Cennin a Chwrw
- Glamorgan Croquette Bites / Byrth Crogét Glamorgan

Môr a Maes – Laverbread & Smoke Shack

Theme: Coastal Welsh flavors, featuring laverbread and charred leeks.

- 'Fish' & Chips, Laver Mayo / 'Pysgod' a Sglodion, Mayo Laver
- Laverbread Legend Wrap / Rhol Laver Eiconig
- Dirty Coast Fries / Sglodion Arfordir Ddirt

Sleiders Glamorgan – The Leek & Oat Slider Bar

Theme: Bite-size Glamorgan sliders.

- Classic Glamorgan Slider / Sleider Glamorgan Clasuroi
- BBQ Bara-Brith Jackfruit / Sleider Bara-Brith BBQ
- Curry-Shop Slider / Sleider Siop Gari

Dessert Bar

- Vegan Welsh Cakes (Picau Cegin Fegan) – Griddled cakes made with Welsh flour, sultanas, and a hint of cinnamon, finished with a dusting of sugar.
- Mini Bara Brith Loaves (Bara Brith Bach) – Welsh fruit loaf baked with local dried fruit and tea, served with vegan butter.
- Salted Caramel Oat Flapjacks (Bariâu Ceirch Caramel Halen) – Chewy oat bars containing Halen Môn sea salt and Welsh oats.
- Rhubarb & Sea Salt Chocolate Delice Pots (Pots Delis Siocled Rhiwbob a Halen Môr) – Rich chocolate mousse complemented by rhubarb and sea salt flakes.
- Apple & Blackberry Compote Pots (Pots Compot Afal a Mwyar Duon) – Stewed Welsh apples and blackberries, topped with an oat crumble.