

ARTICHOKE GNOCCHI WITH KALE & PINE NUTS

SEASONAL CRISPED JERUSALEM ARTICHOKE
GNOCCHI WITH LOCAL KALE AND PINE NUTS
£12 (INC £1 DONATION TO WWF)

GNOCCHI IS A FANTASTIC CARRIER OF FLAVOURSOME SAUCES AND FILLER, SO WE'VE GONE EVEN FURTHER TO TURN GNOCCHI INTO A NUTRITIOUS AND ENVIRONMENTALLY FRIENDLY STAR ON THE PLATE.

WE'VE SWAPPED OUT POTATOES FOR JERUSALEM ARTICHOKE AND USE DOVES FARM ORGANIC WHOLEMEAL RYE FLOUR INSTEAD OF REGULAR PLAIN FLOUR. THIS SUPPORTS OUR HEALTH AND THE ENVIRONMENT.

TYPICAL GNOCCHI INGREDIENTS, POTATOES AND PLAIN FLOUR ARE NOT KNOWN FOR THEIR HIGH NUTRITIONAL CONTENT. WE HAVE USED WHOLEMEAL RYE FLOUR, WHICH HAS A HIGH NUTRITIONAL CONTENT AND CAN PLAY A PART IN HELPING TO CONTROL BLOOD SUGAR AND CONTRIBUTE TO BETTER GUT HEALTH. ARTICHOKE ARE HIGH IN FIBRE, ANTIOXIDANTS AND POTASSIUM.

BY USING RYE AND ARTICHOKE WE ARE SUPPORTING THE ENVIRONMENT, ENCOURAGING AGROBIODIVERSITY IN CROPS, RATHER THAN USING 'BIG 5' INGREDIENTS. ORGANIC FARMING REDUCES POLLUTION, CONSERVES WATER, INCREASES SOIL FERTILITY AND REDUCES SOIL EROSION (WHICH CAN AMONGST OTHER THINGS, LEAD TO FLOODING).

#ONEPLANETPLATE

#EARTH HOUR PROMISE

**FOOD
MADE
GOOD**



ONE PLANET PLATE

ONE PLANET PLATE PUTS SUSTAINABILITY ON THE MENU, GIVING CHEFS THE CHANCE TO SHOWCASE SUSTAINABLE FOOD CHOICES IN ONE OF SIX AREAS



CELEBRATES LOCAL



FEATURES MORE

VEG



HAS A LOW CARBON

FOOTPRINT



INCLUDES BETTER

MEAT



SOURCES FISH

SUSTAINABLY



WASTES NO FOOD

AT THE ROEBUCK, ALL OUR DISHES ARE CREATED WITH SUSTAINABILITY IN MIND, BUT EVERY NOW AND THEN WE LIKE TO HIGHLIGHT ONE FOR OUR CUSTOMERS.

FIND OUT MORE AT
WWW.ONEPLANETPLATE.ORG