

# LUNCH MENU

## BROTH & SOUP

### BEETROOT BROTH INFUSED WITH ORANGE AND DILL

With broad beans, beetroot and orange relish  
LF,V - €6.50

### CARROT SOUP WITH MANDARIN AND MANZANILLA OLIVES

Mandarin segments, diced manzanilla olives,  
torn mint leaves and carrot juice  
CD,V - €6.50

### BORLOTTI BEAN MINISTRONE SOUP WITH CHORIZO

Chunky vegetables, basil, parmesan and good olive oil  
CW,CG,CD,CN - €8.75

## STARTERS

### BREADS 'N' DIPS

Organic sourdough, walnut and country white breads with cumin scented hummus and baba ganoush  
CW,CG,CD,CN - €6

### SALT COD BRANDADE

Salt-cured with onion, potato, parsley, creme fraiche and Serrano ham  
LF,CD - €7.25

### TEMPURA OF SALMON WITH SHIITAKE STEW

Native fish with shaved broccoli and shiitake mushroom stew  
LF,CD - €9

### OUR CHICKEN WINGS

Sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic crisps, red sprouts and coriander  
CW,CG - €12.75 / €8.75

### RAW BOARD

Buffalo mozzarella, tomberries, tuna belly, iberico pork, cured beef fillet, avocado, ponzo puree and salsa verde  
CW,CG,CD,CN - €17.50

## PASTA

### PORK PAPPARDELLE

Fried pork mince with onion, rosemary, bound with pumpkin, honey and sage  
CW,CG,CD - €14.50

### PENNE PESTO

Chunky basil pesto with tomatoes, black olives, pine nuts and Parmesan  
LF,CW,CG,CD,CN,V - €12.50

### BABY MACARONI

Cooked in garlic cream with chicken wing meat, parma ham and parsley bread crumbs and grape mustard  
CG,CD - €13.95

## RUSTIC BOWLS

### SEARED BEEF

With avocado, mustard cress, fried artichoke, tenderstem broccoli, pickled shimeji mushrooms, mustard, cos lettuce and blanched kale  
LF - €16.95

### CAULIFLOWER

With avocado, cucumber, grated carrot, white cocoa beans, mustard cress, pickled ginger & mooli with soya cured egg  
CG,LF - €12.50

### TUNA

With avocado, mustard cress, cucumber, spring onion, mooli, fine shallot rings, shaved bonito, iceberg lettuce & white sesame  
LF - €17.95

### SALMON

House Smoked Salmon with avocado, cucumber, spring onion, carrot, mooli, shaved bonito, white sesame, iceberg lettuce & fine shallot rings  
LF - €13.95

### CHICKEN

Crispy smoked chicken with avocado, mustard cress, fried artichokes, tender-stem broccoli, pickled shimeji mushroom, cos lettuce and blanched kale  
LF - €14.50

### LUSCIOUS LIME

Floppy lettuce, baby gem leaves, watercress, torn iceberg, cucumber, pickled ginger, shaved mooli, slices of mango, coriander and watermelon, roasted coconut, dill seed and lime.  
LF,V - €10.50

### MIGHTY MUSTARD

Wild rocket, sliced prosciutto ham, shaved crisp slices of pear with toasted hazelnuts, parmesan, wild herbs and mustard dressing.  
LF,CD,CN - €15.50

## ON THE STONE

### SIRLOIN OF BEEF WITH THREE PEPPERCORN RELISH 8OZ

A light peppered sirloin beef  
CD - €30

### RUMP OF BEEF WITH BASIL AND PINE NUTS 8OZ

Served with rustic chunky pesto  
CD,CN - €24

### TUNA WITH CORIANDER

Dill, basil, rocket and hazelnuts with orange and confit ginger herbs  
LF,CN - €28

More cuts available, please check with your server

## OFF THE STONE

### THE HAMBURGER

Chargrilled, served with herb mayonnaise, tomato and red pepper chutney, crispy onions and Irish smoked cheddar in a brioche bun with polenta chips  
CW,CG,CD - €18

## SIDES

### GREEN RELISH WITH PEAS

With broad beans and spring onions  
LF,V - €4.50

### TRUFFLE CHIPS

With truffle mayonnaise and Parmesan  
CD - €6.50

### POLENTA CHIPS

With pink peppercorns and rosemary  
CD - €5.50

### 7 BEAN SALAD

With herbs and healthy shoots  
LF,V - €5

### BABY GEMS

With broad beans, herbs, grated carrot, wilted baby gem lettuce and new season carrots  
LF,V - €3.95

### CAULIFLOWER COLOMBO FLORETS

Curried florets with coconut and cauliflower puree.  
LF,V - €4.25

## EXPRESS LUNCH

2 COURSES FOR €16.50

### STARTERS

#### BEETROOT BROTH

With broad beans, beetroot, dill and orange relish  
LF,V

#### CARROT SOUP

With mandarin segments, diced manzanilla olives, torn mint leaves and carrot juice  
CD,V

#### OUR CHICKEN WINGS

Sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic crisps, red sprouts and coriander  
CW,CG

#### SALT COD BRANDADE

Salt-cured with onion, potato, parsley, creme fraiche and Serrano ham  
LF,CD

### MAINS

#### PORK PAPPARDELLE

Fried pork mince with onion, rosemary, bound with pumpkin, honey and sage  
CW,CG,CD

#### PENNE PESTO

Chunky basil pesto with tomatoes, black olives, pine nuts and Parmesan  
LF,CW,CG,CD,CN,V

#### CAULIFLOWER

With avocado, cucumber, grated carrot, white cocoa beans, mustard cress, pickled ginger & mooli with soya cured egg  
CG,LF

#### SALMON

House Smoked Salmon with avocado, cucumber, spring onion, carrot, mooli, shaved bonito, white sesame, iceberg lettuce & fine shallot rings  
LF

## THE KEY TO HEALTHY EATING

- LF Low Saturated Fat
- CW Contains Wheat
- V Vegetarian
- SF Sugar Free
- CG Contains Gluten
- CD Contains Dairy
- CN Contains Nuts
- CS Contains Shellfish