

“At Rustic Stone our philosophy is simple. We source the best seasonal ingredients, then we apply simple techniques to extract the most flavour, while giving you the information you need to add nutrition and structure to your diet. The produce I’ve chosen and our demand for freshness, is the cornerstone of our Rustic idea, while providing a healthy but affordable eating approach.”

-Dylan McGrath

EARLY FLAVOUR & NUTRITION MENU

Available 7 days a week Sunday – Wednesday 5pm–7pm & Thursday, Friday & Saturday 5pm–6:30pm

THE KEY TO HEALTHY EATING

LF Low Saturated Fat

CW Contains Wheat

CG Contains Gluten

CD Contains Dairy

V Vegetarian

SF Sugar Free

CN Contains Nuts

CHOOSE A STARTER

BREADS ‘N’ DIPS

Rustic selection of organic sourdough and crunchy breads with my very own cumin scented hummus and baba ganoush bound with hazelnut oil. I hope you like this marriage, butter it if you want to. All of our bread has been organically certified.

CW CG CD CN

OUR CHICKEN WINGS

The city’s favourite, the oul chicken wing. Here I’ve done ‘em in some sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic chips, red sprouts and coriander.

CW CG

CUBES OF MELON POACHED IN PICKLED GINGER SYRUP WITH TORN BASIL, SLICED RADISH AND CUCUMBER €4.95

Freshness stacked together and sprinkled with a little sesame powder. Melon is full of nutrients.

LF V

LUSCIOUS LIME

Floppy lettuce, baby gem leaves, watercress, torn iceberg, cucumber, pickled ginger, shaved mouli, slices of mango, coriander and watermelon dressed in lime roasted coconut, dill seed and lime. A refreshing salad packed nutritious fibre.

LF V

CHOOSE A MAIN

SELECTION OF MEAT TO SHARE

Four pieces of different cuts of Irish beef rendered as you like on the stone with a different topping to suit each cut.

CN

RUSTIC CHICKEN SALAD

Poached free range chicken slices with pickled mushrooms, blanched asparagus, long stem broccoli, baby artichoke slices, bulgar wheat, watercress, tarragon, parsley, wild rocket and little truffle oil.

LF CW CG

PENNE PESTO

Good old fashioned chunky basil pesto with marinated tomatoes and roughly chopped great black olives with pine nuts and parmesan.

LF CW CG CD CN V

THE GLAMBURGERS

Served in two buns, a very special mince ground from a recipe of difference cuts, chargrilled, served with herb mayonnaise and my own tomato and lemon chutney, crispy onions and Irish smoked cheddar in a brioche bun. Served with polenta chips.

CW CG CD

BABY MACARONI

Cooked in garlic cream with flaked chicken wing meat, parma ham and parsley bread crumbs and little grape mustard on crutons. A good meaty pasta full of protein and flavour.

SIRLOIN OF BEEF WITH THREE PEPPERCORN RELISH 8OZ

A light version of peppered Sirloin beef, none of the cream and more of the flavour.

ADD €10 SUPPLEMENT

CD

SERVED WITH A CHOICE OF ONE

PESTO CHIPS WITH GARLIC, TOMATO AND PARMESAN

Funky flavour to jazz them up.

CD CN

GREEN RELISH WITH PEAS, BROAD BEANS AND SPRING ONIONS

My favourite vegetables made into a purée. Keeps you fuller for longer.

LF V

BEAN SALAD WITH HERBS AND HEALTHY SHOOTS

All the goodness of 8 different beans and shoots bound in olive oil and herbs.

LF V

BABY GEMS WITH BROAD BEANS, HERBS AND GRATED CARROT

Wilted baby gem lettuce with chopped broad beans herbs and new season carrots.

LF V

CHOOSE A DESSERT

CHOCOLATE SOUP WITH CHOCOLATE MOUSSE

I’ve made a wonderful chocolate soup and mousse, but the best part of it is that it is completely sugar free, and finished with some roasted grated hazelnut.

CD V SF CN

SWEET RAW FRUIT

Pineapple infused with rosemary, raw banana & passion fruit sorbet.

LF V



STONE

AT RUSTIC

by dylan mcgrath