

**AMAZING GREEN AND VIOLET OLIVES**

With hummus, roasted aubergines and walnut purée  
**LF,V - €5**

**SWEET CHILLI PEPPERS**

Sweet baby skinless chilli peppers stuffed with tartare of tuna and avocado  
**LF - €6**

**BREADS 'N' DIPS**

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

**CUBES OF MELON POACHED IN PICKLED GINGER SYRUP**

With torn basil, radish and cucumber with sesame seeds  
**LF,V - €5**

**BROTH & SOUP**

**ICED CUCUMBER SOUP**

With frozen avocado mousse  
**LF,V - €7**

**BEETROOT BROTH INFUSED WITH ORANGE AND DILL**

With broad beans, beetroot and orange relish  
**LF,V - €6.75**

**CARROT SOUP WITH MANDARIN AND MANZANILLA OLIVES**

Mandarin segments, diced manzanilla olives, torn mint leaves and carrot juice  
**CD,V - €6.75**

**BORLOTTI BEAN MINISTRONE SOUP WITH CHORIZO**

Chunky vegetables, basil, Parmesan and good olive oil  
**CW,CG,CD,CN - €12.50 / €9.50**

**STARTERS**

FULL / HALF PORTION

**SALT COD BRANDADE**

Salt-cured with onion, potato, parsley, creme fraiche and Serrano ham  
**LF,CD - €7.50**

**TEMPURA OF SALMON WITH SHIITAKE STEW**

Native fish with shaved broccoli and shiitake mushroom stew  
**LF,CD - €9.50**

**ASIAN QUAIL GRILLED ON A STICK WITH RADISH, MANGO AND CORIANDER**

Spicy soya marinated quails  
**CW,CG,CN - €13.00**

**OUR CHICKEN WINGS**

Sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic crisps, red sprouts and coriander  
**CW,CG - €12.95 / €9**

**RAW BOARD**

Buffalo mozzarella, tamberries, tuna belly, iberico pork, cured beef fillet, avocado, ponzo puree and salsa verde  
**CW,CG,CD,CN - €18**

**PRAWN LOLLIPOPS**

Avocado purée, sesame seeds, lemongrass, ginger-poached melon & a soya caramel. Served with caramelized fennel  
**CW,CG - €17.50**

**PASTA**

**PORK PAPPARDELLE**

Fried pork mince with onion, rosemary, bound with pumpkin, honey and sage  
**CW,CG,CD - €20 / €15**

**PENNE PESTO**

Chunky basil pesto with tomatoes, black olives, pine nuts and Parmesan  
**LF,CW,CG,CD,CN,V - €18.75 / €13**

**BRAISED BEEF SHIN WITH TRUFFLE TAGLIATELLE**

With truffle dressing, low fat yoghurt, creme fraiche and nutmeg  
**LF,CW,CG,CD - €27.50**

**BRAISED LAMB SHANK AND BABY SHELLS**

Served with lamb sauce, cep purée, olive tapenade and chervil  
**CW,CG,CD - €24.50**

**COURGETTE LINGUINI**

Filled with a tomato fondue and linguini rolled in chives, capers and yogurt, with baby marinated tomato, basil and Parmesan  
**LF,CW,CG,CD, - €20.75 / €13.00**

**BABY MACARONI**

Cooked in garlic cream with flaked chicken wing meat, parma ham and parsley bread crumbs and littlegrape mustard  
**CG,CD, - €18.50**

**SALADS**

FULL / HALF PORTION

**BOISTEROUS BEETROOT**

Shaved fennel, baby gems, floppy lettuce, avocado, radicchio, chicory with pink grapefruit, pink radish, dill, beetroot and caramel pine nut dressed in its own beetroot juice split with olive oil  
**LF,V,CN - €10 / €14.50**

**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 seeds and lime  
**LF,V - €9.75 / €14.00**

**MIGHTY MUSTARD**

Wild rocket, sliced prosciutto ham, shaved crisp slices of pear with toasted hazelnuts, Parmesan and wild herbs dressed in mustard dressing  
**LF,CD,CN - €11 / €15.95**

**POSH PESTO**

Watercress, baby spinach, baby gem leaves, iceberg, cherry tomatoes, black olives, coriander, basil and pickled saffron shallots bound in pine nut herb pesto  
**LF,CD,CN - €7.95 / €11.50**

**SUPERFOOD SALAD**

Smoked haddock poached in soya milk with rocket, shaved fennel, watercress, wild leaves, broccoli, avocado, quinoa, cucumber, peas, broad beans and alfalfa sprouts. Bound in a little olive oil with a squeeze of lemon  
**LF - €12.45 / €17.95**

**ON THE STONE**

**FILLET OF BEEF WITH MUSHROOMS AND TARRAGON 8OZ**

With a mushroom duxelle, béarnaise sauce, olive oil, chervil and tarragon  
**CD - €34**

**RIB EYE OF BEEF WITH PRAWN GLAZE 8OZ**

With prawns and loads of herbs  
**CS - €31**

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

A light peppered sirloin beef  
**CD - €31**

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

Served with rustic chunky pesto  
**CD,CN - €25**

**THE ROLLS ROYCE OF SIRLOIN**

With three peppercorn relish 12oz  
**CD - €36**

**T-BONE FOR TWO**

Served with crispy anchovies, salsa verde, cafe de paris butter, rocket and hazelnut salad  
**CD,CN - €75**

**HALIBUT WITH WALNUT RELISH**

With grape chutney and green salad  
**LF,CN - €32**

**TUNA WITH CORIANDER,**

Dill, basil, rocket and hazelnuts with orange and confit ginger herbs  
**LF,CN - €29**

**PRAWN LOLLIPOPS**

Avocado purée, sesame seeds, lemongrass, ginger-poached melon & a soya caramel. Served with caramelized fennel  
**CW,CG - €28**

**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 - €18.50**

**THE GLAMBURGERS**

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 / €10.50**

**THE BEEF, PICKLED GINGER AND GOATS CHEESE BURGER**

Dry-aged beef mince with pickled ginger, goats cheese and foie gras with truffle chips  
**CW,CG,CD,CN - €26**

**SIDES**

**GREEN RELISH WITH PEAS**

With broad beans and spring onions  
**LF,V - €5**

**BABY POTATOES**

With lemon herb mayonnaise  
**LF,CD,V - €4.95**

**ROASTED CELERIAC AND ARTICHOKE**

With hazelnut, mint, chervil, lentils and celeriac with Jerusalem artichokes  
**CD,V,CN - €4.95**

**CARAMELISED FENNEL**

And lemon confit  
**LF,V - €5**

**TRUFFLE CHIPS**

With truffle mayonnaise and Parmesan  
**CD - €6.75**

**MUSHROOMS AND POLENTA**

Soft polenta with garlic roasted mushrooms, seaweed, dill oil and taleggio  
**CD,V - €5.95**

**TOMATO AND AVOCADO**

With courgette & coriander  
**LF,V - €4.95**

**POLENTA CHIPS**

With pink peppercorns and rosemary  
**CD - €5.75**

**CRUNCHY CAULIFLOWER COLOMBO FLORETS**

With coconut and cauliflower puree. Curried florets deep fried in bran oil and cooked in coconut milk  
**LF,V - €5.75**

**7 BEAN SALAD**

With herbs and healthy shoots  
**LF,V - €5**

**PESTO CHIPS**

With garlic, tomato and Parmesan  
**CD,CN - €5.50**

**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