

# VEGETARIAN MENU

## BITES

### AMAZING GREEN AND VIOLET OLIVES

With hummus, roasted aubergines and walnut purée

LF,V - €5

### SWEET CHILLI PEPPERS (PESCATARIAN)

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 - €4.95

## STARTERS

### 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 - €6.50

### CARROT SOUP WITH MANDARIN AND MANZANILLA OLIVES

Mandarin segments, diced manzanilla olives, torn mint leaves and carrot juice

CD,V - €6.50

### SALT COD BRANDADE (PESCATARIAN)

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

LF,CD - €7.25

### TEMPURA OF SALMON WITH SHIITAKE STEW (PESCATARIAN)

Native fish with shaved broccoli and shiitake mushroom stew

LF,CD - €9

### PRAWN LOLLIPOPS (PESCATARIAN)

Avocado purée, sesame seeds, lemongrass, ginger-poached melon & a soya caramel.

Served with caramelized fennel

CW,CG - €16.95

## MAINS

### PASTA

#### PENNE PESTO

Chunky basil pesto with tomatoes, black olives, pine nuts and Parmesan

LF,CW,CG,CD,CN,V - €17.95 / €12.50

#### 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, - €19.95 / €12.50

### 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 - €9.75 / €13.95

#### 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 - €9.50 / €13.50

#### OUTRAGEOUS ORANGE

Wild rocket, shaved fennel, baby spinach, orange segments, pickled carrot, cucumber sheets and caramel pecans bound in a roasted coriander seed and orange dressing and fresh coriander leaves

LF, V, CN - €7.95 / €11.50

## ON THE STONE

### HALIBUT WITH WALNUT RELISH (PESCATARIAN)

With grape chutney and green salad

LF,CN - €32

### TUNA WITH CORIANDER (PESCATARIAN)

Dill, basil, rocket and hazelnuts with orange and confit ginger herbs

LF,CN - €28

## SIDES

### GREEN RELISH WITH PEAS

With broad beans and spring onions

LF,V - €4.50

### BABY POTATOES

With lemon herb mayonnaise

LF,CD,V - €4.75

### CARAMELISED FENNEL

And lemon confit

LF,V - €5

### TOMATO AND AVOCADO

With courgette & coriander

LF,V - €4.95

### TRUFFLE CHIPS

With truffle mayonnaise and Parmesan

CD - €6.75

### 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 - €4.95

### 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