

LUNCH MENU

BROTH & SOUP

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 MINESTRONE SOUP WITH CHORIZO
Chunky vegetables, basil, parmesan and good olive oil
CW,CG,CD,CN - €9.50

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 - €9.50

TEMPURA OF SALMON WITH SHIITAKE STEW
Native fish with shaved broccoli and shiitake mushroom stew
LF,CD - €10.50

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

PASTA

PORK PAPPARDELLE
Fried pork mince with onion, rosemary, bound with pumpkin, honey and sage
CW,CG,CD - €15

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

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

RUSTIC BOWLS

SEARED BEEF
With avocado, mustard cress, fried artichoke, tenderstem broccoli, pickled shimeji mushrooms, mustard, cos lettuce and blanched kale
LF - €17.50

CAULIFLOWER
With avocado, cucumber, grated carrot, white cocoa beans, mustard cress, pickled ginger & mooli with soya cured egg
CG,LF - €13.50

TUNA
With avocado, mustard cress, cucumber, spring onion, mooli, fine shallot rings, shaved bonito, iceberg lettuce & white selame
LF - €18.95

SALMON
House Smoked Salmon with avocado, cucumber, spring onion, carrot, mooli, shaved bonito, white sesame, iceberg lettuce & fine shallot rings
LF - €14.50

CHICKEN
Crispy smoked chicken with avocado, mustard cress, fried artichokes, tender-stem broccoli, pickled shijimi mushroom, cos lettuce and blanched kale
LF - €15

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 - €14

MIGHTY MUSTARD
Wild rocket, sliced prosciutto ham, shaved crisp slices of pear with toasted hazelnuts, parmesan, wild herbs and mustard dressing
LF,CD,CN - €15.95

ON THE STONE

SIRLOIN OF BEEF WITH THREE PEPPERCORN RELISH
A light peppered sirloin beef
CD - €31

RUMP OF BEEF WITH BASIL AND PINE NUTS
Served with rustic chunky pesto
CD,CN - €25

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

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 - €18.50

SIDES

GREEN RELISH WITH PEAS
With broad beans and spring onions
LF,V - €5

TRUFFLE CHIPS
With truffle mayonnaise and Parmesan
CD - €6.75

POLENTA CHIPS
With pink peppercorns and rosemary
CD - €5.75

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

CAULIFLOWER COLOMBO FLORETS
Curried florets with coconut and cauliflower puree
LF,V - €5.75

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