

STARTER

BREADS 'N' DIPS

Organic sourdough, walnut and country white breads with cumin scented hummus and baba ganoush

CW,CG,CD,CN

OUR CHICKEN WINGS

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

CW,CG

CUBES OF MELON POACHED IN PICKLED GINGER SYRUP

With torn basil, radish and cucumber with sesame seeds

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 seeds and lime

LF,V

MAIN

RUMP OF BEEF WITH BASIL AND PINE NUTS 80Z

Served with rustic chunky pesto

CD,CN

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

PENNE PESTO

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

LF,CW,CG,CD,CN,V

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

BABY MACARONI

Cooked in garlic cream with flaked chicken wing meat, parma ham and parsley bread crumbs and little grape mustard on crutons

SIRLOIN OF BEEF WITH THREE PEPPERCORN RELISH 80Z

€10 SUPPLEMENT

A light peppered sirloin beef

CD

SIDES

7 BEAN SALAD

With herbs and healthy shoots

LF,V

PESTO CHIPS

With garlic, tomato and parmesan

CD,CN

GREEN RELISH WITH PEAS

With broad beans and spring onions

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

CRUNCHY CAULIFLOWER COLOMBO FLORETS

With coconut and cauliflower puree. Curried florets deep fried in bran oil and cooked in coconut milk

LF,V

DESSERT

CHOCOLATE SOUP WITH CHOCOLATE MOUSSE

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

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