

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 - €4.95

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 - €6.50

CARROT SOUP WITH MANDARIN AND MANZANILLA OLIVES

Mandarin segments, diced manzanilla olives, torn mint leaves and carrot juice
CD,V - €6.50

BORLOTTI BEAN MINESTRONE SOUP WITH CHORIZO

Chunky vegetables, basil, parmesan and good olive oil
CW,CG,CD,CN - €11.95 / €8.75

STARTERS

FULL / HALF PORTION

SALT COD BRANDADE

Salt-cured with onion, potato, parsley, creme fraiche and Serrano ham
LF,CD - €7.25

TEMPURA OF SALMON WITH SHIITAKE STEW

Native fish with shaved broccoli and shiitake mushroom stew
LF,CD - €9

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

Spicy soya marinated quails
CW,CG,CN - €12.50

OUR CHICKEN WINGS

Sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic crisps, red sprouts and coriander
CW,CG - €12.75 / €8.75

RAW BOARD

Buffalo mozzarella, tomberries, tuna belly, iberico pork, cured beef fillet, avocado, ponzo puree and salsa verde
CW,CG,CD,CN - €17.50

PRAWN LOLLIPOPS

Avocado purée, sesame seeds, lemongrass, ginger-poached melon & a soya caramel. Served with caramelized fennel
CW,CG - €16.95

PASTA

PORK PAPPARDELLE

Fried pork mince with onion, rosemary, bound with pumpkin, honey and sage
CW,CG,CD - €19.50 / €14.50

PENNE PESTO

Chunky basil pesto with tomatoes, black olives, pine nuts and Parmesan
LF,CW,CG,CD,CN,V - €17.95 / €12.50

BRAISED BEEF SHIN WITH TRUFFLE TAGLIATELLE

With truffle dressing, low fat yoghurt, creme fraiche and nutmeg
LF,CW,CG,CD - €26.50

BRAISED LAMB SHANK AND BABY SHELLS

Served with lamb sauce, cep purée, olive tapenade and chervil
CW,CG,CD - €23.50

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

BABY MACARONI

Cooked in garlic cream with flaked chicken wing meat, parma ham and parsley bread crumbs and littlegrape mustard
CG,CD, - €17.95

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

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 - €10.75 / €15.50

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 - €30

SIRLOIN OF BEEF WITH THREE PEPPERCORN RELISH 8OZ

A light peppered sirloin beef
CD - €30

RUMP OF BEEF WITH BASIL AND PINE NUTS 8OZ

Served with rustic chunky pesto
CD,CN - €24

THE ROLLS ROYCE OF SIRLOIN

With three peppercorn relish 12oz
CD - €36

T-BONE FOR TWO

Served with crispy anchovis, 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 - €28

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

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 / €9.95

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 - €4.50

BABY POTATOES

With lemon herb mayonnaise
LF,CD,V - €4.75

ROASTED CELERIAC AND ARTICHOKE

With hazelnut, mint, chervil, lentils and celeriac with jerusalem artichokes
CD,V,CN - €4.75

CARAMELISED FENNEL

And lemon confit
LF,V - €5

TRUFFLE CHIPS

With truffle mayonnaise and Parmesan
CD - €6.50

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 - €5.50

CRUNCHY CAULIFLOWER COLOMBO FLORETS

With coconut and cauliflower puree. Curried florets deep fried in bran oil and cooked in coconut milk
LF,V - €5.50

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
- CG** Contains Wheat
- V** Vegetarian
- SF** Sugar Free
- CG** Contains Gluten
- CD** Contains Dairy
- CN** Contains Nuts
- CS** Contains Shellfish