

“At Rustic Stone our philosophy is simple. We source the best seasonal ingredients, then we apply simple techniques to extract the most flavour, while giving you the information you need to add nutrition and structure to your diet. The produce I’ve chosen and our demand for freshness, is the cornerstone of our Rustic idea, while providing a healthy but affordable eating approach.”

-Dylan McGrath

## EARLY FLAVOUR & NUTRITION MENU

Available 7 days a week Sunday – Wednesday 5pm–7pm & Thursday, Friday & Saturday 5pm–6:30pm

### THE KEY TO HEALTHY EATING

**LF** Low Saturated Fat

**CW** Contains Wheat

**CG** Contains Gluten

**CD** Contains Dairy

**V** Vegetarian

**SF** Sugar Free

**CN** Contains Nuts

### CHOOSE A STARTER

#### BREADS ‘N’ DIPS

Rustic selection of organic, sour and crunchy breads with my very own cumin scented hummus and baba ganoush bound with hazelnut oil. I hope you like this marriage, butter it if you want to. All of our bread has been organically certified.

**CW CG CD CN**

#### OUR CHICKEN WINGS

The city’s favourite, the oul chicken wing. Here I’ve done ‘em in some sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic chips, red sprouts and coriander.

**CW CG**

#### TEMPURA OF SALMON WITH SHIITAKE STEW

Native fish wrapped in nori seaweed cooked in rice bran oil with shaved stems of broccoli and shiitake mushroom stew. High in protein and low in calories.

**LF CD**

#### 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 seed and lime. A refreshing salad packed nutritious fibre.

**LF V**

### CHOOSE A MAIN

#### SELECTION OF MEAT TO SHARE

Three pieces of different cuts of Irish beef rendered as you like on the stone with a different topping to suit each cut.

**CN**

#### RUSTIC CHICKEN SALAD

Poached free range chicken slices with pickled mushrooms, blanched asparagus long stem baby artichokes with broccoli slices bulgar wheat watercress tarragon parsley wild rocket and little truffle oil.

**LF CW CG**

#### PENNE PESTO

Good old fashioned chunky basil pesto with marinated tomatoes and roughly chopped great black olives with pine nuts and parmesan.

**LF CW CG CD CN V**

#### THE GLAMBURGERS

Served in two buns, a very special mince ground from a recipe of difference cuts, chargrilled, served with herb mayonnaise and my own tomato and lemon chutney, crispy onions and Irish smoked cheddar in a brioche bun. Served 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 crutes. A good meaty pasta full of protein and flavour.

### SERVED WITH A CHOICE OF ONE

#### PESTO CHIPS WITH GARLIC, TOMATO AND PARMESAN

Funky flavour to jazz them up.

**CD CN**

#### GREEN RELISH WITH PEAS, BROAD BEANS AND SPRING ONIONS

My favourite vegetables made into a purée. Keeps you fuller for longer.

**LF V**

#### BEAN SALAD WITH HERBS AND HEALTHY SHOOTS

All the goodness of 8 different beans and shoots bound in olive oil and herbs.

**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**

### CHOOSE A DESSERT

#### CHOCOLATE SOUP WITH CHOCOLATE MOUSSE

I’ve made a wonderful chocolate soup and mousse, but the best part of it is that it is completely sugar free, and finished with some roasted grated hazelnut.

**CD V SF CN**

#### FROMAGE FRAIS MOUSSE

With blueberry and pineapple salad, toasted macadamia nuts.

**LF CW CG CD V**

#### MIXED BERRIES SALAD

Mixed berries with dried strawberry meringues, mango and cinnamon lhasi.

**LF CW CG V SF**



# STONE

AT RUSTIC

by dylan mcgrath