

“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

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

BREADS 'N' DIPS

Rustic selection of organic, sour and crunchy breads with my very own cumin scented hummus and baba ganoush bound with walnut 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

STARTERS:

Here I've let the natural flavours shine through. The soups tick all the right boxes. They are light, fragrant and prepared in a way that celebrates the natural flavours, while preserving all the healthy nutrients.

BORLOTTI BEAN MINISTRONE SOUP WITH CHORIZO

Packed with the most nutritious chunky vegetables I could find, then finished with basil, parmesan and good olive oil. Has a hearty protein base and is high in fibre... a well balanced dish.

CW CG CD CN

BEETROOT BROTH INFUSED WITH ORANGE AND DILL

Flavour release on this is better suited when cold, served with chopped broad beans and grated beetroot bound in my own orange relish. It's high in iron, potassium and folic acid.

LF V

CUBES OF MELON POACHED IN PICKLED GINGER SYRUP WITH TORN BASIL, SLICED RADISH AND CUCUMBER

Freshness stacked together and sprinkled with a little sesame powder. Melon is full of nutrients.

LF V

TEMPURA OF SALMON WITH SHIITAKE STEW

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

LF CD

OUR CHICKEN WINGS

The city's favourite, the owl 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

MAINS:

A range of unique main dishes, many of them are good for you and some are for those who like to be bad.

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. Simply bound in a little olive oil with a squeeze of lemon. The most powerful nutrient dense salad – no bad fats!

LF

RUMP OF BEEF WITH BASIL AND PINE NUTS 8OZ

This wonderful under used piece of meat, cooks great on the stone with our own Rustic Chunky Pesto.

CD CN

PORK PAPPARDELLE

Fried pork mince with onion, rosemary, bound with pumpkin, honey and sage. The joy of pork belly is in the flavor of its fat. This is for those who don't care about calories.

CW CG CD

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

TUNA WITH CORIANDER, DILL, BASIL, ROCKET AND HAZELNUTS WITH A HINT OF ORANGE AND CONFIT GINGER

Eat it quick if you like sushi or take it slow and let the fragrance and herbs infuse with the fish.

LF CN

MIGHTY MUSTARD

Wild rocket, sliced prosciutto ham, shaved crisp slices of pear with toasted hazelnuts, parmesan and wild herbs dressed in my light mustard dressing. Mustard is extremely high in anti-oxidants.

LF CD CN

SIDES:

A range of unique side orders, many of them are good for you and some are for those who like to be bad.

GREEN RELISH WITH PEAS, BROAD BEANS AND SPRING ONIONS

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

LF V

PESTO CHIPS WITH GARLIC, TOMATO AND PARMESAN

Funky flavour to jazz them up.

CD CN

BEAN SALAD WITH HERBS AND HEALTHY SHOOTS

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

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

LF V

DESSERTS:

Almost too good to be true! In some of our desserts, instead of sugar, we use natural sweetness like agave syrup. Guilt-free with all the flavour.

FROMAGE FRAIS MOUSSE

With blueberry and pineapple salad, toasted macadamia nuts.

LF CW CG CD V

CATALAN CASSANADE WITH TOASTED BRIOCHE

Warm Catalan curd and orange sorbet.

CW CG CD V

ROSE AND ORANGE BLOSSOM TRUFFLE

Rose and orange blossom mousse with cooked sponge and citrus jelly.

CW CG CD V CN

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