

“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

BITES:

I've chosen little bites that are affordable, very tasty and nutritious - perfect for grazing. Whether you're a vegetarian or a carnivore I have designed for flavour, with my own special technique to keep them low fat.

AMAZING GREEN AND VIOLET OLIVES

With hummus, roasted aubergines, walnut puree and deep fried rosemary. Rich in iron, antioxidants, Vitamin C and E.

LF V

SWEET CHILLI PEPPERS

Sweet baby skinless chilli peppers stuffed with tartare of tuna, avocado and scented with the freshest soft herbs.

LF

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

CRAB MAYONNAISE ON TOAST WITH TORN HERBS AND WHEATGRASS

Great crab softened in a low fat mayonnaise smeared on toast, freshened with ripped fresh herbs and brushed with a superfood. Wheatgrass is a powerful superfood and brilliant for detoxing your body.

CW CG CD

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

Spicy soya marinated quails. I grill them to keep them low fat and cut the spice with some sweetness.

CW CG CN

MAINS:

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

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

TRUFFLE TAGLIATELLE

A little bit of indulgence, simply bound in truffle dressing, low fat yoghurt and just a dollop of crème fraiche and a hint of nutmeg.

LF

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

SIRLOIN OF BEEF WITH THREE PEPPERCORN RELISH 8OZ

A light version of peppered Sirloin beef, none of the cream and more of the flavour.

CD

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

HALIBUT WITH WALNUT RELISH

This wonderful, versatile fish was blessed with a layer of fat that renders perfectly on the stone. Careful not to blow the flavour! Walnuts will do. Rich in omega-3.

LF CN

FILLET OF BEEF WITH MUSHROOMS & TARRAGON 8OZ

Here I've chosen an excellent fillet topped it with a mushroom duxelle, whisked up a lighter hollandaise made with olive oil and packed with chervil and tarragon. The fillet is the leanest cut.

CD

ADD €5 SUPPLEMENT

THE ROLLS ROYCE OF SIRLOIN WITH THREE PEPPERCORN RELISH 12OZ

Henry VIII loved this cut so much he knighted it 'Sir Loin', I tend to agree. This is one of our greatest exports.

CD

ADD €5 SUPPLEMENT

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

TRUFFLE CHIPS WITH TRUFFLE MAYONNAISE AND PARMESAN

A little bit of indulgence.

CD

PESTO CHIPS WITH GARLIC, TOMATO AND PARMESAN

Funky flavour to jazz them up.

CD CN

CRUNCHY CAULIFLOWER COLOMBO FLORETS WITH COCONUT AND CAULIFLOWER PUREE

Curried florets deep fried in bran oil with its own purée cooked in coconut milk.

LF V

TOMATO, AVOCADO, COURGETTE & CORIANDER

Great simple fresh Mediterranean vegetables.

LF V

Choose one side per person with this menu.

EXTRA DIPS: Hummus, baba ganoush, lemon mayo, truffle mayo, herb mayo, pesto, herb crème fraîche, paprika mayo. €1 each

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

SWEET RAW FRUIT

Pineapple infused with rosemary, raw banana and passion fruit sorbet.

LF V

ROSE AND ORANGE BLOSSOM TRIFLE

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