

VEGAN FRIENDLY menu

SOUP

SOUP OF THE DAY 7.50

homemade guinness brown bread
(6 for wheat 8,9,12)

STARTERS

VEGAN SALAD BOWL 9.50

with organic wild rocket & irish strawberry salad with shaved fennel | orange and lemon ginger dressing
(6 for wheat 8,9,12)

HIGH PROTEIN FIVE BEANS SALAD 9.50

with mixed garden leaves and lemon vinaigrette (6 for wheat 8,9,12)

MAIN COURSES

INDIAN STYLE MIX VEGETABLES CURRY 16.50

with basmati rice & garlic | coriander nan bread (6 for wheat 8,9,12,14)

MELAN ZANE OF VEGETABLES RATATOUILLE 19.50

with tomato garlic basil sauce (6 for wheat 8,9,12,13)

ORIENTAL STYLE STIR FRY VEGETABLES 16.95

with steamed rice and salad (6 for wheat 8,9,12)

DESSERTS

CHOCOLATE & COCONUT TART 7.50

with wild berry coulis and chocolate sauce (6 for wheat 8,9,12)

Allergen Index: 1. Crustaceans, 2. Molluscs, 3. Fish, 4. Peanuts, 5. Nuts, 6. Cereal containing gluten, 7. Milk milk products, 8. Soya, 9. Sulphur dioxide, 10. Sesame seeds, 11. Eggs, 12. Celery & celeriac, 13. Mustard, 14. Lupin. Although all due care is taken during meal preparation, cross contamination risks are possible. Please ask your server if you require any additional information on food allergens.