

VEGAN MENU

STARTERS

ROAST PEPPER BRUSCHETTA €9

With Balsamic Onions, Hummus, Spicy Falafel, Sour Dough

Contains: Gluten (Wheat), Mustard

CARROT AND SWEET POTATO SOUP €8

Coconut Milk, Thai Red Curry Spices, Sour Dough Bread

Contains: Bread: Gluten (Wheat)

THAI LEMON GRASS SPRING ROLLS €8

Sweet Chilli Plum Sauce

Contains: Gluten (Wheat), Soy, Sesame

'PLANT IT' SPICY SALT & CHILLI STRIPS €9

Kung Po Szechuan Dip

Contains: Gluten, Soy, Sesame

MAINS

VEGETABLE KASHMIRI CURRY €19

Garlic Coriander Naan, Basmati Rice, Mango Chutney

Contains: Mustard, Celery, Sesame, Gluten (Wheat): Naan Bread

YAKI SOBA NOODLES €22

Grilled Tofu, Yuzu Glaze, Red Miso Seaweed Broth, Kimchi Sesame Seeds

Contains: Sesame, Soy

AVOCADO AND SPINACH BURGER €19

Beer Sourdough Bun, Aged Vegan Cheddar, Organic Leaves, Tomato, Spicy Avocado & Pineapple Salsa, Chunky Chips

Contains: Gluten (Wheat), Soy

VEGGIE NUGGET WRAP €16

Grilled With Pineapple and Whiskey BBQ Sauce, Baby Gem Lettuce, Red Onions, Chunky Chips, Organic Leaves & Market Produce

Contains: Gluten (Wheat), Soy

All our produce is from Irish Suppliers and where possible, from Kilkenny and Organic. Edmundberry Gardens, Durrow, Co. Laois – Salad, Micro Cress & Fruits. Riversfield Farm, Callan, Co. Kilkenny - Organic Vegetables. Kish Fish Company, Dublin – Fresh Fish. Rings Farm, Castlecomer, Co. Kilkenny - Organic Chicken Products. Goatsbridge Trout Farm, Thomastown, Co. Kilkenny – Trout. Pallas Foods, Newcastlewest, Co. Limerick Kells Wholemeal, Kells, Co. Kilkenny - Flour. La Rousse Foods Dublin – various

SIDES €4

GOLD RIVER FARMS ORGANIC BABY LEAVES

Market Produce, Sundried Tomato & Chervil Dressing

Contains: Dairy (Milk), Sulphites, Mustard

SELECTION OF SEASONAL ORGANIC FARM VEGETABLES

Contains: Dairy (Milk)

CHUNKY CHIPS

SWEET POTATO FRIES (V, VE)

Spice Bag Seasoning

BEER BATTERED ONION RINGS (V, VE)

Contains: Gluten (Wheat)

DESSERTS €9

BOULABAN FARMS COCONUT SORBET

Lemon and Almond Cookies

Contains: Gluten, Nuts

PEAR, APPLE & GINGER CRUMBLE TART

Contains: Gluten (Wheat, Oats)

WINE

RED WINE

Montanas Y Mar Cabernet Sauvignon (Chile)
GL €7.20 / BTL €29

J. Moreau, Merlot, Languedoc (France)
GL €7.20 / BTL €29

Jack Duggan Shiraz (Australia) GL €7.50 / BTL €30

WHITE WINE

Montanas Y Mar Sauvignon Blanc (Chile)
GL €7.20 / BTL €29

Lucci, Pinot Grigio, Veneto (Italy) GL €7.50 / BTL €30

Noemie Vernaux, Chardonnay, Burgundy (France)
GL €7.20 / BTL €29

SPARKLING

Prosecco Vigna Dogarina GL €8.00 / BTL €32
Mistinguett Brut Cava Rose (Spain) BTL €37

