

VEGAN MENU

STARTERS

ROAST PEPPER BRUSCHETTA €11

With Balsamic Onions, Hummus, Spicy Falafel, Sour Dough
Contains: Gluten (Wheat), Mustard



CARROT AND SWEET POTATO SOUP €9

Coconut Milk, Thai Red Curry Spices, Sour Dough Bread
Contains: Bread: Gluten (Wheat)

THAI LEMON GRASS SPRING ROLLS €8.50

Sweet Chilli Plum Sauce
Contains: Gluten (Wheat), Soy, Sesame

'PLANT IT' SPICY SALT & CHILLI STRIPS €10

Kung Po Szechuan Dip  
Contains: Gluten (Wheat), Soy, Sesame

SIDES €5

GOLD RIVER FARMS ORGANIC BABY LEAVES

Market Produce, Sundried Tomato & Chervil Dressing
(Contains: Sulphites, Mustard)

SELECTION OF SEASONAL ORGANIC FARM VEGETABLES

CHUNKY CHIPS

SWEET POTATO FRIES

Spice Bag Seasoning

BEER BATTERED ONION RINGS

Contains: Gluten (Wheat)

COFFEE & TEA SELECTION

Americano €3.50 // Espresso €3.50 //
Cappuccino €3.90 // Hot Chocolate €3.90 //
Latte €3.90 // Flavoured Latte €4.10 //
Tea €3.00 // Herbal Tea €3.50
Latte/Cappuccino Made With Oat Milk

*All ingredients are locally sourced and where possible come from the environs of Kilkenny. 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

MAINS

VEGETABLE KASHMIRI CURRY €22

Garlic Coriander Naan, Basmati Rice, Mango Chutney
Contains: Mustard, Celery, Sesame, Gluten (Wheat): Naan Bread

YAKI SOBA NOODLES €24

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 €17

Grilled With Pineapple and Whiskey BBQ Sauce, Baby Gem Lettuce, Red Onions, Chunky Chips, Organic Leaves & Market Produce
Contains: Gluten (Wheat), Soy

DESSERTS €10

BOULABAN FARMS LIME AND GINGER SORBET

Lemon and Almond Cookies
Contains: Gluten, Nuts

CHOCOLATE & COCONUT SEMI FREDDO GANACHE TART Seasonal Fruit

Contains: Nuts (Cashew, Hazelnuts, Almonds, Walnuts) Soy

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