

VEGAN MENU

STARTERS

SOUP

Tomato & Basil served with a selection of Baked Breads

€5

(1,9)

CHARGRILLED GARLIC OIL TOAST

served with Mixed Leaf Salad

€5

(1)

SAUTEED MUSHROOMS

in White Wine, Roasted Garlic, Rosemary & Thyme served with Chargrilled Garlic & Herb Oil

Toast and Mixed Leaf Salad

€7 (1)

SALADS/WRAPS

COBB SALAD

Three Salads of the Day with a selection of Baked Breads.

(Please ask server for allergens)

Starter €8/ Main €12

SUPERFOOD SALAD/WRAP

Falafel, Beetroot Salsa, Roasted Broccoli, Butternut Squash, Lentils & Mixed Garden Leaves in Balsamic Dressing.

Salad €9/€13 Wrap €8

MAINS

FALAFEL BURGER

Falafel, Lettuce, Red Onion, Tomato, Mixed Baby Leaf Salad & Relish served with

Salad & Fries

€13

(1, 3, 7, 10)

JAPANESE NOODLE STIRFRY

Wok Fried Vegetables, Rice Noodles in a Spring Onion, Ginger and Soy Sauce.

€13.50

(6, 9)

MEXICAN FAJITAS

Stirfried Julienne Vegetables served with Guacamole, Salsa and a selection of

Wraps **€12.50**

(1, 9)

BOLOGNESE

Vegan Bolognese, Roasted Vegetables & Puy Lentils in a Rich Homemade Italian Sauce served with Garlic Bread.

€13

(1, 9)

DESSERTS

BROWNIE/BLONDIE OF THE DAY

€K

(Please ask server for allergens)

LEMON DRIZZLE (1, 8, 12)

€5.50

SORBET