

# Plant Based Menu

## STARTERS

- Wild Mushroom Pâté..... €8.90  
Toasted Sourdough, Red Onion Relish 1,12
- Buffalo Cauliflower Wings..... €8.90  
Salad Leaves, Plant Based Ranch Dressing 9
- Summer Salad of Moroccan Spiced Oat Falafels..... €9.50  
Pickled Red Onion and Roasted Red Peppers with a Mint Yoghurt Dressing 1,7,8
- Today's Seasonal Vegetable Soup 9 ..... €6.80

## MAINS

- Plant Based Meat Loaf..... €17.90  
Spring Onion Mash, Onion Gravy & Roasted Root Vegetables 8,9
- Asian Tofu Stir Fry..... €18.90  
With Rice Noodles, Pak Choi & Sugar Snap Peas in a Ginger & Soya Sauce 6,9,11,12
- Roast Vegetable & Lentil Curry ..... €18.90  
With Basmati Rice & Poppadom 9,10
- Plant Based Beetroot & Chickpea Burger ..... €18.90  
In a Ciabatta Bun, Sweet Potato Wedges, Vegan Garlic Dip 1

## DESSERTS €7:50

- Raspberry Frangipane Tart served with Plant Based Whipped Cream  
and a Soya Vanilla Ice Cream 8, 12 (Gluten Free)
- Plant Based Chocolate Brownie, Chocolate Sauce & Vanilla Ice Cream 8
- Today's Fruit Crumble, Wild Berry Compote, Vanilla Ice Cream 6
- Selection of Flavoured Ice Creams, Fresh Fruit Coulis 6

*If you have an allergy or food intolerance please inform your server and we will do our utmost to accommodate your request.*



1  
Cereal  
Gluten



2  
Crustacean



3  
Eggs



4  
Fish



5  
Peanuts



6  
Soybeans



7  
Dairy



8  
Nuts



9  
Celery



10  
Mustard



11  
Sesame  
Seeds



12  
Sulphur  
Dioxide &  
Sulphites



13  
Lupin



14  
Molluscs