



Slimming World inspired

# STARTS

## Homemade Tomato & Roasted Red Pepper Soup €4.95

✓ Served with 'be good' wholemeal bread (**Heb**).  
Contains: [3] [9] [11]

3  
brú-less

## Prawn & Melon Cocktail €5.95

Ⓢ With Marie Rose sauce & crisp baby gem lettuce.  
Contains: [4] [5] [6]

1  
brú-less

## Lightly Spiced Fish Cakes €6.25

With a Spinach & Mixed pepper side salad & lemon dressing.  
Contains: [5]

0  
brú-less

## Savoury Meatballs €5.95

Slow braised, less than 5% fat, savoury meatballs in a rich tomato & basil sauce, topped with soft Irish goats cheese.  
Contains: [3] [4] [9] [11]

2  
brú-less

# MAINS

## brú-less Burger in a Bowl €12.95

2  
brú-less

Crisp baby gem lettuce, diced onions, tomatoes, peppers & cucumber, served with a homemade beef burger, topped with He(A) cheese, 2 syn brú-less relish & sliced gherkins, drizzled with balsamic dressing.  
Contains: [3] [4] [8] [9] [12]

## brú-less Chicken Curry €14.95

1  
brú-less

With sugarsnap, garden peas & mixed peppers in a tomato sauce.  
Contains: [9] [11]

## brú-less 10oz Fillet Steak €28.95

3  
brú-less

Served with sauté mushrooms, fry light chips, steamed vegetables & pepper sauce.  
Contains: [3] [8] [9]

## brú-less Cajun Salmon €15.95

0  
brú-less

Served with stir fry vegetables & noodles in a garlic & ginger dressing.  
Contains: [3] [4] [5] [8] [9]

## brú-less Chicken Penne Arribiata €12.95

2.5  
brú-less

Penne pasta in a lightly spiced tomato & basil sauce.  
Contains: [3] [4] [9] [11] [12]

# DESSERTS

## Dark Chocolate Mousse €5.95

Ⓢ Served with fromage frais.  
Contains: [3] [4]

4  
brú-less

## brú-less Raspberry Eton Mess €5.95

Ⓢ Layers of crushed meringue, raspberry purée & vanilla yoghurt.  
Contains: [3] [4]

2.5  
brú-less

Ⓢ coeliac friendly

[1] PEANUTS  
[2] NUTS  
[3] MILK (DAIRY)  
[4] EGGS

ALLERGY INFORMATION \*ASK YOUR SERVER FOR ANY DIETARY REQUIREMENTS

[5] FISH  
[6] CRUSTACEANS  
[7] MOLLUSCS  
[8] SOYA

[9] CEREALS CONTAINING GLUTEN  
[10] SEASAME SEEDS  
[11] CELERY / CELERIAC  
[12] MUSTARD

[13] LUPIN  
[14] SULPHUR DIOXIDE /  
SULPHITES

✓ vegetarian friendly

