



*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

**Lightly Spiced Fish Cakes €6.25**

With a Spinach & Mixed pepper side salad & lemon dressing.

Contains: [5]

**0**  
brú-less

## MAINS

**1**

brú-less

**brú-less Chicken Curry €14.95**

With sugarsnap, garden peas & mixed peppers in a tomato sauce.

Contains: [9] [11]

**3**

brú-less

**brú-less 10oz Fillet Steak €28.95**

Served with sauté mushrooms, fry light chips, steamed vegetables & pepper sauce.

Contains: [3] [8] [9]

**0**

brú-less

**brú-less Cajun Salmon €15.95**

Served with stir fry vegetables & noodles in a garlic & ginger dressing.

Contains: [3] [4] [5] [8] [9]

**2.5**

brú-less

**brú-less Chicken Penne Arribiate €12.95**

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]

**3**  
brú-less

**c** 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

**v** vegetarian friendly

