

STARTS

Homemade Tomato & Roasted Red Pepper Soup served with 'be good' wholemeal bread (Heb). (3 bru-less) Contains: [8] [9] [11] €5.50

Lightly Spiced Fish Cakes with spinach and mixed pepper side salad, with a lemon dressing. (0 bru-less) Contains: [5] €8.95

MAINS

bru-less Beef Chilli with red kidney beans and mixed spices, served with basmati rice. (0 bru-less) Contains: [11] €14.95

bru-less 10oz Fillet Steak served with sauté mushrooms, fry light chips, steamed vegetables & pepper sauce. (3 bru-less) Contains: [3] [8] [9] €28.95

bru-less Cajun Salmon served with stir fry vegetables & noodles in a garlic & ginger dressing. (1 bru-less) Contains: [3] [4] [5] [8] [9] €16.95

bru-less Chicken Penne Arribbiata - Penne pasta with chicken and mixed vegetables in a lightly spiced tomato & basil sauce. (2.5 bru-less) Contains: [3] [4] [9] [11] €15.95

DESSERTS

Dark Chocolate Mousse served with fromage frais. (4 bru-less) Contains: [3] [4] €6.50

bru-less Raspberry Eton Mess Layers of crushed meringue, raspberry purée & vanilla yoghurt. (3 bru-less) Contains: [3] [4] €6.50

Vegan Options

STARTS

Vegan Tomato & Roasted Red Pepper Soup served with vegan bread. Contains: [8] [9] [11] €5.50

Vegetable Spring Rolls side salad and lemon dressing. Contains: [8] [9] [12] €7.50

MAINS

Vegan Pasta Arribbiata – Vegan pasta with mixed vegetables, in a lightly spiced tomato & basil sauce. Contains: [11] €13.95

Beetroot Burger – with vegan mayo & vegan cheese, lettuce, tomato & red onion in a vegan burger bap with skinny fries. Bap Contains: [8] [10] €14.95

DESSERTS

Raspberry Sorbet with freshly picked raspberries. Contains: [0] €6.50

LIST OF ALLERGENS:

[1] PEANUTS

[5] FISH

[9] CEREALS CONTAINING GLUTEN

[13] LUPIN

[2] NUTS

[6] CRUSTACEANS

[10] SESAME SEEDS

[14] SULPHUR DIOXIDE

[3] MILK (DAIRY)

[7] MOLLUSCS

[11] CELERY / CELERIAC SULPHITES

[4] EGGS

[8] SOYA

[12] MUSTARD