

## 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 Arribiata** - 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 Arribiata – 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