



# bru-less

## Starter

**Homemade Tomato & Roasted Red Pepper Soup** served with 'be good' wholemeal bread. **€5.50**

Contains: [8] [9] [11] (C) (V) (3 bru-less or He(b))

**bru-less Bruschetta** with diced tomatoes, onion, basil and garlic on toasted Be Good bread with parmesan cheese, mixed leaves and balsamic dressing **€7.95** Contains: [3] [4] [9] (C) (5 bru-less or 1/2 He(b) + 2 bru-less)

## Main Course

**bru-less Noodle Stir Fry** served with a choice of **Cajun Salmon**, **Cajun Chicken** or **Cajun Prawns** with stir fry vegetables & noodles in a garlic & ginger dressing. **€16.95**

Contains: [3] [4] [5] [6] [7] [8] [9] (1 bru-less)

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

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

## Homemade Dessert

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

**bru-less Raspberry Eton Mess** Layers of crushed meringue, raspberry purée & vanilla yoghurt. **€6.50**

Contains: [3] [4] (C) (3 bru-less)

# VEGAN

## Starter

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

**Vegetable Spring Rolls** with side salad and lemon dressing. **€7.50** Contains: [8] [9] [12] (V)

## Main Course

**Vegan Pasta Arrabiata** – Vegan pasta with mixed vegetables, in a lightly spiced tomato & basil sauce. **€13.95** Contains: [11] (C)(V)

**Beetroot Burger** – with vegan mayo & vegan cheese, lettuce, tomato & red onion in a vegan burger bap with skinny fries. **€14.95**

Bap Contains: [8] [10] (C)(V)

## Dessert

**Raspberry Sorbet** with freshly picked raspberries. **€6.50** Contains: [0] (C)(V)

(C) Coeliac friendly (gluten free) (V) Vegetarian friendly

### FIND US ON...



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brubarbistro

Please be aware that we cannot split bills on groups of 8 or more.

Our chicken, fish & beef are locally sourced from Gerry Cannon, Tom Lynch & Gahon Meats.

### Allergen Information

[1] PEANUTS	[8] SOYA
[2] NUTS	[9] CEREALS / GLUTEN
[3] DAIRY	[10] SESAME SEEDS
[4] EGGS	[11] CELERY / CELERIAC
[5] FISH	[12] MUSTARD
[6] CRUSTACEANS	[13] LUPIN
[7] MOLLUSCS	[14] SULPHATES