

# menu



LIVELIFE  
WELL  
concept

## Starters

Split peas and squash soup, maple onions, almond meal crumble. (Vegan/N/NG)	€6.50
Whole wheat fusillioni, rucola pesto, broad beans, asparagus, spicy chickpeas, Greek style vegan cheese (Vegan/N/ANG)	€11.95
Charred cauliflower and barley warm salad, cannellini beans, mung beans, red peppers, zucchini, roasted butternut squash. (Vegan)	€10.50
Mushroom and mozzarella rice croquettes, wilted chard, smoked garlic aioli, caramelised figs, porcini mushroom jus. (V/D)	€11.75
Local sea bass carpaccio, red chilli and oregano dressing, orange segments, squid ink croutons, tomato jam, baby leaves. (F/MSF/CSF/SS)	€15.50

## Mains

Sticky sesame and tamari broccoli florets, stir fried vegetable noodles, umami-bomb broth (Vegan/S/SS/ANG)	€18.50
Roasted eggplant, chickpeas and coconut curry, aromatic wholegrain basmati rice, flaky paratha bread (Vegan/ANG)	€15.50
Portobello mushroom, pumpkin and smoked cashew nut strudel, broccoli florets, carrot batons, baby corn, roasted vegetable gravy (Vegan/N)	€17.50
Lean and tender fillet of beef, sweet potato hummus, roasted garlic jus, air-dried parsnip crisps (D/NG)	€29.50
Pan seared salmon, chickpea crust, clam and celeriac velouté, mung beans, spiced butternut squash. (F/MSF/D/NG)	€24.00

## Dessert

Assorted choux, apricot namelaka, Mascarpone creme mousseline, raspberry crème patissiere. (V/D)	€4.50
Dark chocolate fondant, cherry reduction, whiskey ice-cream. (V/D/N/NG)	€5.25
Coffee soaked savoiardi biscuits, Marscarpone cream, bitter chocolate powder. (V/D/NG)	€4.95
Banana cake, mango and lime sorbetto, sesame seed tuile. (Vegan/SS)	€4.75
Lemon curd pie, aquafaba meringue, kumquat syrup. (Vegan/NG)	€4.50

NG- No Gluten containing ingredients, ANG (Available with No Gluten containing ingredients), N-Contains Nuts, P-Contains Pork, F – Contains Fish, MSF – May Contain Shell Fish, D – Contains Dairy, SS – Contains Sesame Seeds, Vegan – Contains no animal products, V-Vegetarian, S – Contains Soy

Challenge your tastebuds with delicious food for the soul.