

## *Plant It Menu*

### *Starters*

**Nachos €7.50**

Mixed bean nachos, melted vegan cheese, jalapenos, guacamole, salsa and vegan sour cream (gluten)

**Soup €6.00**

butternut squash and sweet potato soup (cereals, sulphur, celery)

**Chick Pea €8.00**

Chick pea fritters, spicy tomato sauce (celery)

### *Main Courses*

**Burger €17.50**

Vegan burger, sesame bun, pickled red onion, tomato, butterhead lettuce, vegan cheese & fries (cereals, soya, sesame)

**Vegetable Thai Red Curry €14.75**

Roasted vegetables, steamed basmati rice, poppadum

**Vegan Pasta €16.00**

Pasta with kale, walnut pesto, roast red peppers, sundried tomato, green beans & garlic focaccia (nuts, cereals)

### *Dessert*

**Banana Split €6.00**

Strawberries, vanilla ice-cream (cereals, soya)

**Orange Pudding €7.00**

Chocolate chip & Orange pudding, vanilla ice-cream (cereals, soya, gluten)

**Chocolate Tart €7.00**

Chocolate & peanut-butter tart, vanilla ice-cream (peanuts, nuts) - Please allow 10 Minutes

