



**ciaran's**

*Fresh food for a healthier mind*

### Menu for 10<sup>th</sup> of March

#### **SOUPS - €3.75**

*SERVED WITH FRESHLY BAKED BREAD*

COUNTRY MUSHROOM SOUP

SPLIT PEA AND VEGETABLE SOUP

#### **LUNCHESES - €9.25**

*ALL SERVED WITH A SELECTION OF SALADS*

COURGETTE ROSTI WITH CHEESE AND ROASTED  
TOMATO

ITALIAN LAYER BAKE WITH COURGETTE ROASTED  
RED PEPPER AND TOMATO, MOZZARELLA + BASIL

MUSHROOM PIE WITH CIDER AND THYME

COURGETTE AND CASHEWNUT LASAGNE

LENTIL SHEPERD'S PIE WITH CELERIAC GINGER  
AND PARSNIP TOPPING

#### **DESSERTS - €3.70**

CHOCOLATE FUDGE CAKE

APPLE CINNAMON RAISIN AND ALMOND SHORT  
CAKE CRUMBLE

Most of our dry ingredients are Organic with an overall goal of providing food which will be 100% Organic.

If you have any food intolerance please lets us know so that we can do our best to cater for you. If you find at any time that the portions are not suitable please don't hesitate to ask for more.



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