



ciaran's

Fresh food for a healthier mind

Menu for 11th of March

SOUPS - €3.75

SERVED WITH FRESHLY BAKED BREAD

COUNTRY MUSHROOM SOUP

SPLIT PEA AND VEGETABLE SOUP

ROASTED RED PEPPER AND RED LENTIL SOUP

CREAM OF SPINACH SOUP

LUNCHESES - €9.25

ALL SERVED WITH A SELECTION OF SALADS

COURGETTE ROSTI WITH CHEESE AND ROASTED
TOMATO

TAHI GREEN CURRY WITH BASMATI RICE

MUSHROOM PIE WITH CIDER AND THYME

COURGETTE AND CASHEWNUT LASAGNE

LENTIL SHEPERD'S PIE WITH CELERIAC GINGER
AND PARSNIP TOPPING

NUTROAST WITH MUSHROOM GRAVY

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 let 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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