



ciaran's

Fresh food for a healthier mind

Menu for 12th of March

SOUPS - €3.75

SERVED WITH FRESHLY BAKED BREAD

BUTTERNUT SQUASH AND MANGO SOUP

ROASTED RED PEPPER AND RED LENTIL SOUP

CREAM OF SPINACH SOUP

LUNCHESES - €9.25

ALL SERVED WITH A SELECTION OF SALADS

THAI GREEN CURRY WITH BASMATI RICE

TOMATO AND BASIL TART

COURGETTE AND CASHEWNUT LASAGNE

LENTIL SHEPERD'S PIE WITH CELERIAC GINGER
AND PARSNIP TOPPING

NUTROAST

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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