



**ciaran's**

*Fresh food for a healthier mind*

### **Menu for 07<sup>th</sup> of March**

#### **SOUPS - €3.75**

*SERVED WITH FRESHLY BAKED BREAD*

TOMATO AND BASIL SOUP

ITALIAN MINESTRONI 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

PEA AND POTATO BHAJAIS WITH CUCUMBER AND

YOGHURT DIP

COURGETTE AND CASHEWNUT LASAGNE

GREEK SPINACH TART WITH OVEN ROASTED

TOMATO

#### **DESSERTS - €3.70**

CHOCOLATE FUDGE CAKE

APPLE CINNAMON RAISIN AND ALMOND SHORT

CAKE CRUMBLE

CHOCOLATE DATE PUDDING WITH CARAMEL SOUCE

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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