

LUNCH

Locally Sourced, Seasonally Inspired
10% service charge applies to groups of 10 or more



SOUP OF THE DAY , served with a selection of breads (1,9)	€7.50
BEST TOASTIE , Crowe's farm ham, scamorza cheese, red onion jam, tomato on sourdough (1,9)	€12.50
SMOKED SALMON , poached egg, wasabi cucumber & tomato salsa, rayu, herb focaccia (1,3,4,7,8)	€14.50
BUFFALO MOZZARELLA , sun dried tomato, olive & basil tapenade, roasted seeds, balsamic reduction, open sandwich on sourdough (1,9,13)	€14
BBQ TEMPEH , vegan Momo ricotta, grilled vegetables, herb salsa open sandwich on sourdough (1,6,7,8,12)	€13.50
CHICKEN / or TEMPEH (vegan) TOASTED WRAP , Asian slaw, sweet chilli & peanut butter sauce (1,6,7,8,12)	€15
MUHAMMARA PLATE , falafel, spiced pickled radish & cucumber, pomegranate, chilli - sesame oil, flat bread (1,8,12,13)	€16
BUDDAH BOWL , BBQ cauliflower, tempeh, grilled vegetables, pickles, organic leaves, marinated almonds, flat bread (1,6,7,8,12,13)	€16.50
CIOPPINO ITALIAN STYLE CHOWDER , monkfish, mussels, prawns, clams, fennel, baby potato, light tomato broth, fresh herbs, sourdough (1,2,4,5,9,10)	€19.50
FISH TEMPURA in a seaweed batter, tartar sauce, chips, side salad (3,4)	€18.50
FISH OF THE DAY (ask server)	
CAJUN BUTTERMILK CHICKEN BURGER , smoked bacon, scamorza, tomato, gherkin & red onion salsa, Cajun- pecorino chips (1,3,9,13)	€19.50
THAI YELLOW CURRY , basmati rice, papadum	
	(VEGGIE €16.50/CHICKEN €18/SEAFOOD (2,4,5) €19.50)
HASH SALAD , meat/ cauliflower, roast vegetables, potato, organic leaves, pickles, chimichurri salsa, sourdough (1,9,13)	€16
BBQ PULLED PORK BLAA , Asian slaw, crispy onions, peanut & sesame rayu, garlic & herb dip, chips (1,3,7,8,9,12,13)	€17
SEAGULL BAKERY FRESH HERITAGE PASTA , (vegan option available) chicken, chorizo, Buffalo mozzarella, arrabiata tomato sauce, courgette, spinach (1,9,10)	€18.50
BEEF SHAWARMA , tabbouleh salad, poached egg, mint yogurt dip (1,3,9)	€18.50
SIDES:	
CHIPS, ZA'ATAR POTATO WEDGES, MASH POTATO, PATATAS BRAVAS WITH CHORIZO, SIDE SALAD WITH PICKLES, SEASONAL VEGETABLES	€5
MOMO BREAD PLATE with olive tapenade and dips (1,8,9,12)	€6 / €10 2 sharing
CAULIFLOWER WINGS (6,7,12)	€7
DESSERTS:	
CHOCOLATE FONDANT , strawberry & Malibu foam, coconut ice cream (1,3,8,9)	€9.50
RASPBERRY MINT PAVLOVA , Chantilly cream, frozen yogurt, pistachio crumb, raspberry coulis (8,9)	€9
VEGAN BASIL & LIME CASHEW CAKE , tahini & sesame tuille, lime gel, blood orange sorbet (7,8,12)	€9
PASSIONFRUIT TART , Italian meringue, raspberry sorbet, chocolate sticks (3,8,9)	€9.50
CHOCOLATE BROWNIE , caramel sauce, vanilla ice cream, nut crumb (3,8,9)	€8.50
ALMOND TIRAMISU ROULADE , vanilla ice cream, coffee foam (3,8,9)	€9.50
ICE CREAM SELECTION (vegan option available) (3,8,9)	€8
CHEESEBOARD , selection of Irish cheeses, grapes, olives, nuts, Seagull bakery crackers (1,8,9)	€9/ €16 2 sharing

If you have any special dietary requirements or needs,
please let your server know and we will do what we can to cater for you.
Most dishes are available in Gluten Free options on request.