

LUNCH

Locally Sourced, Seasonally Inspired



Soup of the day served with selection of breads (1,9)	€6
Momo salad box ask server (available Tuesday-Friday)	€8
Best toasted special Crowe farm ham, Knockanore smoked cheese, tomato, red onion jam on Seagull bakery sourdough, served with side salad (1,9)	€9
Veggie toastie romesco (sun dried tomato, roast pepper, almonds) chargrilled vegetables on Seagull bakery sourdough, served with side salad (1,8,)	€9
Open fresh crab sandwich in a herb & yogurt mayo, fennel, cherry tomato on Seagull bakery seaweed sourdough. served with side salad (1,2,9)	€11.50
Zaalouk aubergine & tomato , feta cheese, sprouts on Seagull bakery seaweed sourdough, served with side salad (1,9)	€9
Fish of the day in a lemon batter, potato wedges, herb tartar sauce, pickled slaw salad (4,9)	€14
Moroccan style fish of the day tagine, pearl couscous tabbouleh, yogurt, almond flakes, bread crisps (1,2,4,5,8,9)	€15
Buttermilk Cajun chicken burger , Knockanore smoked cheese, streaky bacon, pickled cucumber, Cajun mayo, Parmesan & Cajun potato wedges, side salad (1,9,13)	€14.50
Teriyaki marinated tempeh burger , peanut butter sauce, pink onion, radish in a coriander & cumin spelt bun, potato wedges, lemongrass vegan mayo, side salad (1,7)	€14.50
Tamarind BBQ cauliflower wings , crunchy greens salad, elderflower, mint & lemon dressing, nigella seeds (6,12)	€12.50
Green lentil veggie moussaka tomato, aubergine, seasonal vegetables, béchamel sauce, Knockanore smoked cheese, mint yogurt dip, side salad (1,9)	€13
Thai yellow curry , basmati rice, papadum (seafood- 2,4,5)	VEGGIE/ CHICKEN/ SEAFOOD €13.50 / 14.50 / 15.50
Momo meaty hash salad (ask server)- meat of the day, fried potato, mild harissa, roast vegetables, organic leaves, served with toasted sourdough (1,9)	€14
Creamy hummus topped with lemon thyme roast beetroot , pickled mushrooms, chimichurri, herbs served with toasted sourdough (1,12,13)	€9.50
Lamb Koftas , served with herb salsa, pink onion, radish, feta, herb pearl couscous salad (1,9)	€15.50
Sides: potato wedges/ mash potato/ patatas bravas/side salad/ seasonal vegetables/ olives & hummus/ bread plate	€3 each

DESSERTS:

Momo pavlova , rhubarb, strawberry & elderflower compote, vanilla Chantilly cream/ vegan version with lemon sorbet (3,9)	€7
Chocolate fondant , poached apricot, vanilla ice cream (1,3,9)	€8
Basil, mint & lemon cashew cake , lemon sorbet (8)	€7.50
Coconut chocolate cake , coconut ice cream, fresh strawberries (1,3,9)	€7
Caramel panna cotta , biscotti, almond flakes, espresso (1,9)	€8
Selection of homemade ice cream (3,9)	€6.50
Irish cheese board (1,8,9)	€9/16

Our Local Suppliers

O'Flynn's Butchers, Comeragh Mountain Lamb, Seagull Bakery, Toonsbridge Dairy, Dunphys of Ancestown, Ballybeg Greens, Tom Cleary Veg, The Sea Gardener, J. O'Doherty Fish, Aurelia Foods, Metalman Brewery, Dungarvan Brewery, Early Bird Free Range Eggs, Real Olive Company.

Allergens listed on reverse. 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.