

THE DAY MENU

STARTERS

starter only

Homemade Soup [v] €3.50

Soup of the day served with brown or white bread

Garlic Bread [v] €2.50

With mozzarella or cheddar €2.75

Selection of

Garlic Breads [v] €3.50

With basil pesto and tomato pesto a selection of country breads

Garlic Mushrooms [v][c] €4.50

Mushrooms baked in our garlic butter served with crusty garlic bread

Cajun Mushrooms [v][c] €4.50

Mushrooms baked in our chilli oil with Cajun spices, served with garlic bread

starter main

Penne Basilico [v] €4.50 €10.30

Penne in a fresh basil cream sauce. Main course with seasonal salad and garlic potatoes

Greek Salad [v] €5.95 €10.95

Tomatoes, black olives, feta cheese on a bed of seasonal greens with a balsamic vinaigrette

Prawns Pil Pil €7.95

Lightly spiced king prawns, slow roasted in chilli oil with garlic and fresh cut chillies served with crusty French bread

Red Pepper

Salad [v][c] €4.95 €9.70

Roasted red peppers on seasonal greens with black olives, tomatoes & red onion in a balsamic vinaigrette

Spinach Salad

Americana [v][c] €5.50 €10.50

Feta cheese, black olives and fresh baby spinach with cherry tomatoes, cucumber, mixed peppers and spring onions with vinaigrette

Fritto Misto €5.95 €12.95

Mixed seafood (salmon, lemon sole, cod, smoked haddock, squid & prawns) in a light tempura batter, all on a bed of seasonal greens served with dill mayo

Goujons of

Lemon Sole €5.95 €12.95

Lemon sole in a light tempura batter, all on a bed of seasonal greens served with sweet chilli sauce

Blue Ridge

Chicken [c] €5.95 €11.95

Warm tender breast of chicken pieces tossed in Cajun spices on a bed of seasonal greens with sweet chilli mayo

Emperor Salad [c] €5.95 €11.55

Warm chicken & bacon salad with garlic croutons, cashew nuts and seasonal greens in a balsamic vinaigrette

MAINS

Chicken Sandwich €10.95

Chargrilled breast of chicken on a toasted bap served with seasonal salad and potato of your choice

Chicken Pitta €10.95

Chargrilled breast of chicken in pitta bread pocket, served with seasonal salad and potato of your choice

eco Homemade Burger

Single/ Double €11.35 €13.35

1 or 2 x 7.5oz prime Irish beef burgers, chargrilled, served on a toasted bap with seasonal greens and French fries or spicy wedges. Choice of toppings: garlic butter, Cajun spices or Mexican sauce

Bacon & Mozzarella

or Cheddar Burger

Single/ Double €11.85 €14.85

1 or 2 x 7.5oz prime Irish beef burger, chargrilled, topped with mozzarella & bacon with French fries or spicy wedges

Pesto & Mozzarella

or Cheddar Burger

Single/ Double €11.95 €14.45

1 or 2 x 7.5oz Prime Irish beef burger char-grilled topped with mozzarella & basil or sun-dried tomato pesto served with French fries or wedges

Nut Burger [v][n] €11.55

Crushed cashews, hazelnuts & almonds with onions, garlic & soya sauce served on a toasted bap with seasonal salad, fries or wedges

Minute Steak [c] €13.95

6oz entrecôte, chargrilled, served with seasonal salad and potatoes of your choice

Fillet Mignon [c] €19.90

Prime Irish beef, chargrilled, served with seasonal salad, sautéed mushrooms & potato of your choice

Sirloin Steak [c] €18.90

10oz Prime Irish beef, chargrilled, served with seasonal salad, sautéed mushrooms & potato of your choice

T-Bone [c] €20.95

14oz. Prime Irish beef, chargrilled, served with seasonal salad, sautéed mushrooms & potato of your choice

Steak Sandwich €13.95

6oz Sirloin steak, chargrilled, served on a crispy French baguette with salad and Dijon mayonnaise. Choice of sauces: Mexican, Neapolitan, garlic butter, au-poivre. Each additional sauce 75c

Sole Tempura €12.25

Deep fried fillets of lemon sole in a light tempura batter served with stir fry vegetables & potato of your choice

Cod al Forno [c] €12.25

Fillets of cod oven-baked in rosemary oil, served with stir fried broccoli and hasselback potatoes

Tagliatelle al**Salmone €11.95**

Fresh salmon tossed with tagliatelle in a basil cream sauce served with seasonal salad and garlic bread

Pasta Pappardelle €11.95

Tender breast of chicken pieces and mushrooms tossed with pappardelle in a mixed herb cream sauce with seasonal salad and garlic bread

Chicken &**Broccoli Stir Fry [n] €11.95**

Strips of chicken stir fried with broccoli and ginger Chinese noodles

Penne Chicken Bake €11.85

Penne pasta with tender breast of chicken pieces oven-baked in a spicy tomato sauce, topped with mozzarella cheese, served with garlic bread or French fries

Pad Thai Noodles [v][c] €10.95

Mixed crunchy vegetables stir fried with ginger, garlic, crushed cashew nuts, sweet chilli sauce and Chinese noodles. Add chicken - €1.00, add prawns or beef - €2.00

Chicken Stir Fry [c][n] €11.55

Strips of chicken stir fried with peppers, mange tout, courgettes, sweetcorn, broccoli, cauliflower and cashew nuts served on a bed of basmati rice. Add noodles or fried rice: €1.00

Vegetarian**Stir Fry [v][c][n] €10.95**

Peppers, mange tout, sweetcorn, courgettes, water chestnuts, bean shoots and cashew nuts served on a bed of basmati rice. Add noodles or fried rice €1.00

Beef Madras Curry €11.95

Served with basmati rice or fries

Breast of Chicken**Madras Curry €11.55**

Served with basmati rice or fries

Vegetable**Madras Curry [v] €10.95**

Served with basmati rice or fries

Prawn Madras Curry €13.95

Served with basmati rice or fries

Sicilian Chicken [c] €11.95

Chargrilled breast of chicken with a tomato, sweet chilli and herb sauce served with seasonal salad and potatoes of your choice

Cajun Chicken [c] €11.95

Chargrilled breast of chicken marinated with Cajun spices topped with a red onion and mango sauce, served on a bed of basmati rice

Nantucket Hot**Chicken Salad [c] €11.95**

Wok fried chicken pieces and bacon, served on a seasonal salad with fresh fruit and feta cheese in a balsamic vinaigrette

Roast Duck [c] €21.95

½ crispy duck in a caramelised honey and orange sauce served with stir fried vegetables & potatoes of your choice

Chinese Style Satay

All served with basmati rice or fries

Beef [c][n] €12.95**Chicken [c][n] €12.55****Vegetable [v][c][n] €11.95****Prawn [c][n] €14.95**

eco

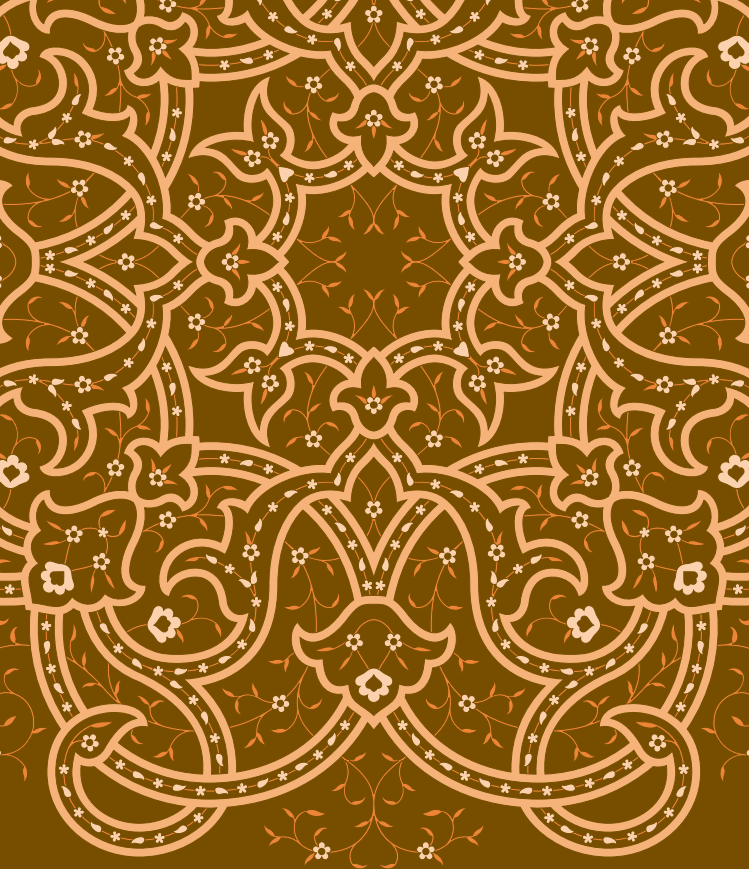
Douglas, Cork, Ireland

Tel: 021 489 25 22

www.eco.ie

Opening Hours: Mon-Sat 12-11pm
Sun & Bank Holidays 1pm-9.30pm





eco

D O U G L A S
DOUGLAS VILLAGE, CORK

Day & Night Menu

Day 12-5pm & Night 5pm-close

www.eco.ie

THE NIGHT MENU

STARTERS

starter only

Soup of the Day €3.95
Homemade with bread basket

Corn on the Cob [v] [c] €3.95
Served with melted Irish butter and crushed black and white peppercorns

Garlic Mushrooms [v] [c] €4.50
Mushrooms baked in our garlic butter served with crusty garlic bread

Cajun Mushrooms [v] [c] €4.85
Baked in our garlic oil and served with our crusty French bread

starter main

Goujons of Lemon Sole €5.45 €13.95
Deep fried in a tempura batter with seasonal leaves & a sweet chilli sauce

Blue Ridge Chicken €5.95 €12.95
Served on a bed of seasonal leaves with a sweet mayonnaise dip

eco Italian Salad €3.95 €9.95
Iceberg lettuce, parmesan cheese, anchovies, croutons, garlic olives and Italian dressing

Pepper Salad [v] €4.95 €11.95
Roasted pimento peppers, tomatoes, olives and seasonal leaves

Emperor Salad [c] €5.95 €12.95
Warm chicken and bacon salad with garlic croutons, balsamic & olive oil dressing with seasonal leaves

Fettuccine Salmone €6.50 €12.25
Goujons of fresh salmon in an Italian herb & fresh cream sauce

eco Seafood Tagliatelle €7.50 €14.95
Prawns, squid, smoked haddock, cod, salmon & lemon sole lightly cooked in a fresh basil cream sauce

Pasta Primavera [v] €5.25 €11.55
Selection of courgettes, broccoli, mange tout, baby corn, mushrooms and peppers in a white wine & cream sauce

Pasta with Pesto [v] €4.95 €10.95
Fettuccine freshly cooked and tossed in a fresh basil pesto

Pasta Pappardelle €6.50 €11.90
With chicken & mushrooms in a cream herb sauce

Pasta Penne €4.95 €10.55
With mushrooms in a salsa Napolitana

Sun-dried Tomato Pesto [v] €4.95 €10.95
Served with freshly cooked egg tagliatelle and spinach tagliatelle tossed in tomato pesto

MAINS

Prime Irish Beef - 8^{oz} Fillet [c] €23.95
Steaks are served with a choice of Mexican, Neapolitan, au-poivre sauce or garlic butter and potato of your choice. Sautéed onions add €2.25, sautéed mushrooms add €2.25

Prime Irish Beef - 12^{oz} Fillet [c] €27.95
Steaks are served with a choice of Mexican, Neapolitan, au-poivre sauce or garlic butter and potato of your choice. Sautéed onions add €2.25, sautéed mushrooms add €2.25.
PLEASE NOTE 12^{oz} FILLET STEAKS MAY TAKE 20 - 30 MINUTES APPROX.

Prime Irish Beef - 10^{oz} Sirloin [c] €23.95
Steaks are served with a choice of Mexican, Neapolitan, au-poivre sauce or garlic butter and potato of your choice. Sautéed onions add €2.25, sautéed mushrooms add €2.25

Sole, Salmon or Cod €17.95

Pan fried in olive oil & balsamic vinegar chilli & capers, served with stir fried vegetables and potatoes of your choice

Cajun Salmon €17.95

Delice of fresh salmon marinated in Cajun spices on a bed of red onion and mango sauce, served with stir fried vegetables and potato of your choice

Sole al Forno €18.95

Paupiettes of fillets with prawns baked al forno with fresh cream and wine sauce, served with stir fried vegetables and potatoes of your choice

Roast Fish al Forno €17.95

With rosemary oil, herbs, cod, prawns, roasted bell peppers, hasselback potatoes and seasonal salad

Beef Stir Fry €14.35

Mediterranean style served with crisp green salad, rice or boiled potatoes. Noodles or fried rice add €1.00

Chicken Stir Fry €13.60

Mediterranean style served with crisp green salad, rice or boiled potatoes. Noodles or fried rice add €1.00

Vegetarian Stir Fry [v] €11.35

Mediterranean style served with crisp green salad, rice or boiled potatoes. Noodles or fried rice add €1.00

eco Special

Stir Fry [c] [n] €16.50

A combination of beef, pork, chicken & prawns, served with crisp green salad, rice or boiled potatoes. With noodles or fried rice - €1.00

eco Asian

Stir Fried Pork [n] €14.95

Strips of Pork fillet stir fried in ginger, soy sauce and garlic with bean sprouts, water chestnuts, cashew nuts, bell peppers and spring onions

Chargrilled

Fillets of Pork €16.90

Served with a mushroom and au-poivre sauce, stir fried vegetables and potato of your choice

Beef Madras Curry €13.55

Served with popadums, naan bread & basmati rice or fries. Have mixed crunchy vegetables added to your curry

Breast of Chicken

Madras Curry €12.60

Served with popadums, naan bread & basmati rice or fries. Have mixed crunchy vegetables added to your curry

Vegetable

Madras Curry [v] €11.25

Served with popadums, naan bread & basmati rice or fries. Have mixed crunchy vegetables added to your curry

Pork Madras Curry €13.20

Served with popadums, naan bread & basmati rice or fries. Have mixed crunchy vegetables added to your curry

eco Special

Madras Curry [c] [n] €16.50

A combination of beef, pork, chicken & prawns, served with popadums, naan bread & basmati rice or fries. Have mixed crunchy vegetables added to your curry

eco Homemade

Burger €11.95

Chargrilled prime beef with seasonal salad, fries and a choice of sauce. With a choice of topping from garlic butter, black pepper sauce, mushroom sauce, Mexican sauce

Nut Burger [n] [v] €11.70

Roasted cashews, hazelnuts & almonds with onions, garlic & soy sauce or dill mayonnaise. With a choice of topping from garlic butter, black pepper sauce, mushroom sauce and Mexican sauce

Pesto & Mozzarella

Burger €12.95

Chargrilled prime Irish beef, with a choice of basil or tomato pesto and a potato of your choice

Chicken Pavesse €15.35

Chargrilled breast of chicken with a Chardonnay, cream, basil and tomato sauce, cherry tomatoes, served with stir fried vegetables & potato of your choice

Cajun Chicken €13.60

Breast of chicken marinated in Cajun spices, chargrilled and served with tagliatelle and pomodoro sauce with seasonal salad

Chicken Taverna €15.35

Breast of chicken chargrilled with a whiskey, cream and mushroom sauce, served with stir fried vegetables, potato of your choice.

Roast ½ Crispy Duck €20.95

Duck in a caramelised honey and orange sauce served with stir fried vegetables and potato of your choice

Truchas a la Navarra €20.95

Fresh grilled trout wrapped in Parma ham topped with fresh Parmesan shavings and deep fried capers. Served with stir fried vegetables and rice or potato of your choice

Plaice on the Bone €19.95

Lemon sole lightly grilled with butter and lemon juice. Served with stir fried vegetables and rice or potato of your choice

Mozzarella & Bacon

Burger €12.95

Prime Irish beef burger char-grilled, topped with mozzarella & bacon served with French fries or spicy wedges

Chicken Satay €13.60

Served with basmati rice or fries. Noodles or fried rice add €1.00, or with mixed crunchy vegetables add €2.00

Beef Satay €14.55

Served with basmati rice or fries. Noodles or fried rice add €1.00, or with mixed crunchy vegetables add €2.00

Vegetarian Satay [v] €12.25

Served with basmati rice or fries. Noodles or fried rice add €1.00, or with mixed crunchy vegetables add €2.00

Prawn Satay €16.55

Served with basmati rice or fries. Noodles or fried rice add €1.00, or with mixed crunchy vegetables add €2.00

eco Special Satay €17.50

A combination of beef, pork, chicken & prawns, served with basmati rice or fries. Noodles or fried rice add €1.00, or with mixed crunchy vegetables add €2.00

[v] = Vegetarian



DESSERTS

Double Fudge Cake €4.20
Layers of chocolate sponge sandwiched with chocolate ganache served hot or cold

Demerara Meringues €4.20
Melt in the mouth meringue with seasonal fruits and fresh cream

Banoffi Pie €4.20
Biscuit base topped with bananas, soft rich toffee and fresh cream

Profiteroles with Chocolate Sauce €4.20
Choux pastry filled with vanilla cream and topped with chocolate sauce

Traditional Apple Pie €4.20
Soft crust pastry baked with apples and cinnamon served with whipped cream or ice-cream

eco Ice-creams [c] €4.50
A selection of strawberry, vanilla and chocolate ice-cream, served with fresh fruit or summer fruit

Fresh Strawberries (in season) €4.20
With a choice of cream or ice-cream

Tiramisu €4.20
Italian pudding with sponge fingers, rum and mascarpone cheese

Fresh Fruit Salad (in season) €4.20
A selection of mangoes, pineapples, kiwis, apples, grapes, strawberries, pears and oranges served in mango juice

eco Special Dessert €4.20
Patisserie's special - please ask our staff for details

Cheesecake €4.20
Homemade eco cheesecake set on a golden crumb biscuit base

Pineapple Costa Rica [c] €4.50
Fresh Costa Rican pineapple with creamy vanilla ice-cream drenched with chilled summer fruit berries

Belgian Chocolates €2.50
Served with Coffee

Dessert & Coffee €4.50
With main course

BEVERAGES

Soft Drinks €1.55

Mineral Water
½ litre/ 1 litre €1.65 €2.75
Fresh LORA Recoaro Mineral Water

Glass of Milk €1.45

Vinea (per bottle) €2.25
White/red sparkling grape juice

Cranberry Juice €2.50
With fresh organic lemon

Orange/ Apple Juice €1.90

Cappuccino €2.25
Plain or flavoured. Flavours: vanilla, Irish cream, Amaretto

Espresso €1.75
Plain or flavoured. Flavours: vanilla, Irish cream, Amaretto

Double Espresso €1.95
Plain or flavoured. Flavours: vanilla, Irish cream, Amaretto

Cafe Latte €2.25
Plain or flavoured. Flavours: vanilla, Irish cream, Amaretto

Hot Chocolate €2.50
Flavours: vanilla, Irish cream, Amaretto

Pot of Tea
for 1 / 2 €1.60 €2.60

Herbal Pot of Tea
for 1 / 2 €1.95 €2.60
Flavours: peppermint, fennel, camomile, elderflower

Fruit Pot of Tea
for 1 / 2 €1.95 €2.60
Camomile & spiced apple, lemon & ginger, blackcurrant, ginseng & vanilla, strawberry & rose