

ENTRÉES | DINNER

	Starter	Main
SOUP OF THE DAY – served with brown & white bread	cup 4.50	bowl 5.45
CORN ON THE COB – served with melted Irish butter & pepper corns VC	5.45	
SELECTION OF GARLIC BREADS – garlic French baguettes topped with mozzarella, basil pesto & sun-dried tomato pesto V	4.00	
GARLIC MUSHROOMS – mushrooms baked in our own garlic butter served with crusty garlic bread VC	5.45	
CAJUN MUSHROOMS – mushrooms baked in chilli oil Topped with Cajun spices and served with crusty garlic bread VC	5.45	
TOWER OF BEEF TOMATO AND BUFFALO MOZZARELLA – stacked sliced beef tomato with fresh basil and buffalo mozzarella, dressed with basil pesto VC	8.95	
SPANISH CHORIZO AND TOMATO SALAD – shallot, basil, garlic, olive oil		6.20
TRADITIONAL SHRIMP COCKTAIL “MARIE ROSE” – served with artisan Irishbrown bread and butter	8.95	
EMPEROR SALAD – Chicken and bacon wok-fried in light soya sauce and garlic, Served over a bed of mixed leaves, crushed cashew nuts and croutons, dressed with balsamic vinaigrette N	7.95	16.60
SMOKED SALMON PLATTER – with avocado and buffalo mozzarella		9.85
BLUE RIDGE CHICKEN – Breast of chicken pieces wok fried in garlic and Cajun spices, served on a mixed leaves salad, cherry tomatoes, red onions and diced mixed peppers, with a side of sweet chilli mayonnaise C	7.95	16.60
ECO ITALIAN SALAD – Iceberg lettuce, fresh parmesan cheese, anchovies, croutons, garlic, black olives & Italian dressing C	5.45	12.45
PRAWNS PIL-PIL – Lightly spiced king prawns, slow roasted in chilli oil with garlic & fresh cut chillies served with crusty French bread C	9.60	19.25
Add Spanish chorizo to Pil-Pil starters €1.10. Add it to main € 2.10		
PRAWNS TEMPURA – King prawns deep fried in a golden tempura batter served with dark soya sauce C	9.60	
GOUJONS OF LEMON SOLE – deep fried in tempura batter, served on a bed of mixed leaves, and a side of sweet chilli sauce C	7.55	16.15
FRITTO MISTO – medley of mixed seafood deep fried in a golden tempura batter, Served on a bed of mixed leaves and a side of dill mayonnaise (Seafood include: salmon, lemon sole, cod, smoked haddock, squids and prawns)	7.95	16.60

	Starter	Main
SMOKED SALMON – served with fresh dill dressing and homemade breads	9.30	
BBQ PULLED PORK SLIDERS – 2 slow cooked pulled pork sliders		
In a rich homemade barbeque sauce, served on Hasset’s mini buns	5.15	
BEEF FILLET TIPS – Wok fried beef fillet tips, marinated in a soy, sweet chilli and garlic sauce, tossed with toasted sesame seeds, served with side salad, a coriander, lime and ginger dip. (Add potato of your choice in main course)	8.95	18.65
SPICY CHICKEN WINGS – freshly baked spicy chicken with homemade BBQ sauce and blue cheese dip	6.25	

PASTA | DINNER

ECO SEAFOOD TAGLIATELLE – Selection of prawns, squid, smoked

haddock, cod, salmon & lemon sole lightly cooked in a basil cream sauce **8.60**
18.15

FETTUCINE AL SALMON – fresh cut salmon fillet pieces sautéed in an Italian style herb and cream sauce with fettucine pasta **7.95** **17.00**

PASTA PRIMAVERA – cooked with a mix of courgettes, broccoli, mange touts, babycorn, mushrooms, carrots, celery, peas, cauliflower and peppers

in a white wine and cream sauce **V** **7.10** **15.40**

PENNE ALL'ARRABBIATA – penne pasta tossed with mushrooms in a rich and spicy

homemade tomato sauce and topped with Grana Padana parmesan shavings **V** **5.45** **13.05**

PENNE ALL'ARRABBIATA CON POLLO – penne pasta in a rich and spicy tomato sauce, tossed with mushrooms and tender chicken breast pieces, and topped with parmesan shavings. **7.95** **14.80**

PASTA WITH PESTO – Fettucine tossed with fresh basil pesto topped with Grana

Padana parmesan shavings **V** **6.50** **13.45**

SUN-DRIED TOMATO PESTO TAGLIATELLE – Egg & spinach Tagliatelle tossed

in sun-dried tomato pesto topped with Grana Padana parmesan shavings **V** **6.50** **13.45**

POMODORO PENNE PASTA – with spicy chorizo sausage, sundried

tomato, roasted red peppers and spinach, topped with parmesan

shavings, served with garlic bread **7.95** **14.80**

SPICY CHORIZO PENNE PASTA – tossed in extra virgin olive oil with

sundried tomato, roasted red peppers and spinach, topped with

parmesan shavings, served with garlic bread **7.95** **15.85**

PASTA PAPPARDELLE – chicken breast pieces & mushrooms tossed with

pappardelle in a mixed herb cream sauce, served with salad & garlic bread **7.25** **15.85**

PLEASE NOTE – All pasta main courses are served with salad & garlic bread

MAINS | DINNER

CHICKEN PAVESSE – char grilled breast of chicken with a Chardonnay, cream, basil & tomato sauce served with stir-fried vegetables & potato of your choice C	18.55
CHICKEN TAVERNA – char grilled breast of chicken topped with a whiskey cream & mushroom sauce served with stir-fried vegetables & potato of your choice C	18.55
CAJUN CHICKEN – Chargrilled breast of chicken marinated in Cajun spices topped with a Pomodoro sauce served with Tagliatelle & seasonal salad	17.40
ROAST CRISPY HALF DUCK – Roast duck topped with a caramelised honey and orange sauce served with stir-fried vegetables and potato of your choice C	24.90
ECO ASIAN PORK STIR FRY – Tender strips of pork fillet stir-fried with ginger, soy sauce & garlic with bean sprouts, water chestnuts, cashew nuts, bell peppers & spring onions tossed with sweet chilli noodles N	18.15
CHAR GRILLED FILLETS OF PORK – Fillets of pork coated with cracked black & white peppercorns topped with a light mushroom & black pepper cream sauce served with stir-fried vegetables & potato of your choice C	19.95
FLAME GRILLED LAMB CHOPS – Flame grilled centre loin lamb chops, served with mint sauce, stir – fried vegetables and potato of your choice	21.90

EASTERN TWIST | DINNER

MADRAS CURRY – Your choice of any of the following, served with Basmati rice or fries.

Add noodles or fried rice €2.10. Add mixed crunchy vegetables €2.10

Beef C	17.65
Breast of Chicken C	16.60
Vegetables C	15.05
Prawns C	18.65
Pork	17.30
ECO Special Curry (beef, pork, chicken & prawns' combo) C	20.95

CHINESE STYLE SATAY – Your choice of any of the following, served with Basmati rice or fries.

Add noodles or fried rice €2.10. Add mixed crunchy vegetables €2.10

Beef CN	18.65
Breast of Chicken CN	17.65
Vegetables CN	16.15
Prawns CN	19.70
Pork CN	18.45
eco Special Satay (beef, pork, chicken & prawns' combo) CN	19.95

MEDITERRANEAN STIR FRY – Your choice of any of the following,

served with crisp green salad, rice or boiled potatoes. Add noodles or fried rice €1.10

Beef CN	18.65
Breast of Chicken CN	17.65
Vegetables CNV	15.10
Prawns CN	19.70
ECO Special stir fry (beef, pork, chicken & prawns' combo) CN	19.25

STEAKS | DINNER

STEAKS -PRIME IRISH BEEF

Steaks are served with a choice of Mexican, Neapolitan, au-poivre (sauces),
garlic butter, sautéed onions & mushrooms and potatoes of your choice

8oz fillet C	27.45
10oz sirloin C	24.90
14oz sirloin C	27.45
8oz rib-eye C	20.75
16oz T-bone C	24.90

BURGERS | DINNER

ECO HOMEMADE BURGER - 7.5oz char grilled prime Irish beef burger,
served on a toasted Hasset's bap with seasonal salad & French fries or spicy wedges.

Choice of sauces: garlic butter, black pepper sauce, mushroom sauce or Mexican sauce **15.85**

ECO HOMEMADE DOUBLE BURGER - 2 x 7.5oz **17.40**

BACON & MOZZARELLA BURGER - 7.5oz char grilled prime Irish beef burger,
topped with mozzarella & bacon served with French fries or spicy wedges **17.00**

BACON & MOZZARELLA DOUBLE BURGER - 2 x 7.5oz **19.20**

PESTO & MOZZARELLA BURGER - 7.5oz char grilled prime Irish beef burger
with a choice of basil or tomato pesto & a potato of your choice **17.00**

PESTO & MOZZARELLA DOUBLE BURGER - 2 x 7.5oz **18.65**

NUT BURGER - Roasted cashews, hazelnuts and almonds with white onions, celery,
carrots, garlic and light soy sauce **VN 15.55**

FISH | DINNER

PAN FRIED FISH – one choice of sole, salmon or cod pan-fried in extra virgin olive oil with balsamic vinegar, red chilli flakes & capers served with stir-fried vegetables & potatoes of your choice C	23.85
CAJUN SALMON – Delice of fresh salmon marinated with Cajun spices topped with a red onion & mango sauce served with stir-fried vegetables & potato of your choice C	22.85
SOLE AL FORNO – Paupiettes of sole stuffed with prawns cooked al forno in a light white wine cream sauce, served with stir-fried vegetables & rice or potato of your choice C	23.85
ROAST FISH AL FORNO – Fresh fillet of cod roasted with prawns in a rosemary infused oil with stir-fried vegetables & herbs, served with Hassel back potatoes C	22.85
MEDALLIONS OF MONKFISH – Oven baked medallions of Monkfish lightly cooked in a mildly spiced coconut curry sauce, served with stir – fried vegetables and potato of your choice C	23.85
ECO TRADITIONAL FISH & CHIPS – Golden fried fillet of Cod cooked in a light tempura batter served with garden peas, french fries and lemon tartar sauce	16.75

CAUTION: Black skillets/pans are extremely hot!!! Please be careful when handling them!

NB: A service charge of 10% applies to parties of 7 or more

Please let me know about any special dietary requirements

V- Suitable for vegetarians **C** - Suitable for Celiac **N** - May contain nuts

SIDE ORDERS | DINNER

POTATOES	French fries	2.60
	Boiled potatoes	2.60
	Roast potatoes	2.60
	Hassel back potatoes	3.05
	Spicy wedges	3.05
	Baked potato (butter or garlic butter)	2.60
	Rissole (deep-fried potato)	3.05
	Garlic potatoes	3.05
	Cajun potatoes	3.05
	Bacon & cheddar potatoes	3.65
AL FORNO	Italian herbed tomatoes	2.60
	Roasted stuffed red peppers	4.10
	Red peppers	3.05
STIR FRIED	Onions	2.60
	Mushroom	2.85
	Mushrooms & onions	2.85
	Vegetables	3.65
	Mixed peppers	2.85
	Carrots	2.05
	Mange tout	4.10
	Broccoli	3.05
BREADS	Garlic bread	2.60
	Mozzarella or cheddar bread	3.05
	Basil or tomato pesto Bread	3.05
	Poppadum	1.20
	Basket of bread	2.05
	Naan bread	3.05
RICE	Basmati boiled Rice	2.60
	Fried rice	3.65
SALADS	Green salad	3.65
	Mixed leaf salad	3.65
	Tomato, onion & olive salad	3.65
	Olives in garlic	2.35
SAUCES	Curry sauce	3.05
	All extra sauces	2.05
ONION RINGS		3.65

BEVERAGES | DINNER

COLD DRINKS

Coke, diet Coke, 7-Up, orange	2.50
Mineral Water, ½ Litre	2.25
Mineral Water, 1 Litre	3.25
Glass of Milk	1.95

HEALTH DRINKS

Cranberry Juice with fresh organic lemon	2.95
Mango Juice - Glass	2.95
Passion Fruit Juice - Glass	2.95
Orange Juice - Glass	3.50
Apple Juice	3.50

COFFEE

Flavours: vanilla, Irish cream, amaretto	
Regular Coffee (Sml)	2.95
Regular Coffee (Lge)	3.25
Cappuccino - plain or flavoured. Also available in skinny option with low-fat milk.	3.25
Cafe Latte - plain or flavoured. Also available in skinny option with low-fat milk.	2.80
Espresso - plain or flavoured.	2.50
Double Espresso - plain or flavoured.	2.95
Hot Chocolate	3.25
Affogato Moca - a single scoop of chocolate or vanilla ice-cream covered in a double shot of rich hot espresso topped with crushed milk chocolate!	3.50
Flat White - our signature coffee. Double Espresso with stretched & texturized milk creating a smooth rich white coffee!	2.95

TEA

Pot of Tea for 1 2.25

Pot of Tea for 2 2.95

HERBAL TEA

Flavours: peppermint, camomile, green

Pot of Herbal Tea for 1 2.25

Pot of Herbal Tea for 2 2.95

FRUIT TEA

Camomile & spiced apple, lemon & ginger, blackcurrant,
ginseng & vanilla, strawberry & rose

Pot of Fruit Tea for 1 2.50

Pot of Fruit Tea for 2 2.95

DESSERTS | DINNER

RICH DOUBLE FUDGE CAKE – Layers of chocolate sponge sandwiched with chocolate ganache served hot or cold	6.20
DEMERARA MERINGUES – Melt in the mouth meringue with seasonal fruits and fresh cream C	5.95
MERINGUE ROULADE – A gooey meringue roulade filled with fresh cream, summer berries & seasonal fruits C	6.20
BANOFFEE PIE – Biscuit base topped with bananas, soft rich toffee and fresh cream	6.20
PROFITEROLES WITH CHOCOLATE SAUCE – Choux pastry filled with vanilla cream and topped with chocolate sauce	5.65
TRADITIONAL APPLE PIE – Soft crust pastry baked with apples and cinnamon served with whipped cream or ice cream C	6.20
APPLE CRUMBLE – Traditional apple crumble with cream or ice-cream	6.20
ECO ICE CREAMS – A selection of strawberry, vanilla and chocolate ice-cream, served with fresh fruit or summer fruit C	5.15
FRESH STRAWBERRIES (In Season) – With a choice of cream or ice-cream C	6.20
TIRAMISU – Italian pudding with sponge fingers, rum and mascarpone cheese	6.20
FRESH FRUIT SALAD (in season) – A selection of mangoes, pineapples, kiwis, apples, grapes, strawberries and oranges served in mango juice C	6.20
CHEESECAKE – Homemade eco cheesecake set on a golden crumb biscuit base	6.20
CHOCOLATE BROWNIE – Served with creamy vanilla ice cream and chocolate sauce	6.20
SNICKERS CAKE – Rich Soft Caramel laced with peanuts, served with Vanilla Ice Cream and Chocolate Sauce.	6.20
ECO TRIO – One Profiterole smothered in chocolate sauce, with one scoop of Vanilla or Chocolate Ice Cream, finished with fresh Strawberries	5.65
ECO SPECIAL DESSERT – Our patissier’s special - please ask our staff for details	6.20
DUO OF CHOCOLATE TRUFFLES – Served with coffee	4.10
ICE-CREAM – side order	1.85

SEE BLACKBOARD OR ASK YOUR WAITER FOR TODAY’S SPECIALS