

# ENTRÉES | LUNCH

	starter	main
SOUP OF THE DAY - served with brown & white bread	cup 3.40	bowl 4.50
CORN ON THE COB - served with melted Irish butter & crushed black and white pepper corns V C	5.05	
GARLIC BREAD V	2.70	
GARLIC BREAD / Mozzarella or Cheddar V	3.40	
SELECTION OF GARLIC BREADS - garlic breads topped with mozzarella, basil pesto & sun-dried pesto V	4.00	
GARLIC MUSHROOMS - mushrooms baked in our own garlic butter served with crusty garlic bread. V C	5.65	
CAJUN MUSHROOMS - mushrooms baked in our own chilli oil with Cajun spices served with crusty garlic bread V C	5.65	
TOWER OF BEEF TOMATO & BUFFALO MOZZARELLA - with basil pesto dressing C	9.60	
GREEK SALAD - tomatoes, black olives, feta cheese on a bed of seasonal greens with a balsamic vinaigrette V C	7.30	13.45
SPANISH CHORIZO AND TOMATO SALAD - shallot, basil, garlic, olive oil.		
Smoked Salmon Platter - with avocado and buffalo mozzarella	9.30	
SPINACH SALAD AMERICANA - feta cheese, black olives & fresh baby spinach with cherry tomatoes, cucumber, mixed peppers & spring onions with complimentary vinaigrette V C	6.70	11.95
EMPEROR SALAD - warm chicken & bacon salad with garlic croutons cashew nuts & seasonal greens in a balsamic vinaigrette N	7.30	14.30
BLUE RIDGE CHICKEN - warm tender chicken breast pieces tossed in Cajun spices served on mixed leaf salad and sweet chilli mayonnaise C	7.30	14.30
NANTUCKET HOT CHICKEN SALAD - wok-fried chicken pieces & bacon served on seasonal salad with fresh fruit & feta cheese and a balsamic vinaigrette C	7.30	14.80
PRAWNS PIL-PIL -Lightly spiced king prawns, slow roasted in chilli oil with garlic & fresh cut chillies, served with crusty French bread	9.60	18.15
GOUJONS OF LEMON SOLE - lemon sole in a light tempura batter served on a bed of seasonal greens served with sweet chilli sauce C	7.30	15.15
FRITTO MISTO - mixed seafood (salmon, lemon sole, cod, smoked haddock, squid & prawns) in a light tempura batter on a bed of seasonal greens served with dill mayonnaise C	7.30	15.15

	starter	main
<b>SMOKED SALMON</b> – served with fresh dill dressing and breads	9.85	
<b>PENNE BASILICO</b> – Penne in a fresh basil cream sauce		
Main course served with seasonal salad & garlic potatoes <b>V</b>	5.65	12.85
<b>POMODORO PENNE PASTA</b> – with spicy chorizo sausage, sundried tomato, roasted red peppers and spinach, topped with parmesan shavings, served with garlic bread	8.50	14.80
<b>SPICY CHORIZO PENNE PASTA</b> – tossed in extra virgin olive oil with sundried tomato, roasted red peppers and spinach, topped with parmesan shavings, served with garlic bread	8.50	14.80
<b>PASTA PAPPARDELLE</b> – tender breast of chicken pieces & mushrooms tossed with pappardelle in a mixed herb cream sauce with seasonal salad & garlic bread	7.95	14.80
<b>PENNE ALL'ARRABBIATA CON POLLO</b> – penne pasta in a rich spicy tomato sauce, tossed with mushrooms and tender chicken breast pieces, topped with parmesan shavings, and served with garlic bread	7.95	14.80
<b>SPICY CHICKEN WINGS</b> – freshly baked spicy chicken with Homemade BBQ sauce and blue cheese dip	5.65	11.40

# MAINS | LUNCH

<b>TAGLIATELLE AL SALMONE</b> – fresh salmon tossed with tagliatelle in a basil cream sauce served with seasonal salad & garlic bread	<b>14.80</b>
<b>SOLE TEMPURA</b> – Deep-fried fillets of lemon sole in light tempura batter served on a bed of stir-fried vegetables & potato of your choice	<b>15.15</b>
<b>COD AL FORNO</b> – fillet of cod oven-baked in rosemary oil served with stir-fried broccoli & hazel back potatoes <b>C</b>	<b>15.55</b>
<b>CHICKEN &amp; BROCCOLI STIR-FRY</b> – strips of chicken stir-fried with broccoli & ginger Chinese noodles <b>N</b>	<b>14.80</b>
<b>BEEF NOODLE JOBBI</b> – tender strips of beef, noodles, broccoli and spring onions stir-fried in a spicy <b>hot</b> soy, garlic and chilli sauce.	<b>15.15</b>
<b>PAD THAI NOODLES</b> – mixed crunchy vegetables stir-fried with ginger, garlic crushed cashew nuts, sweet chilli sauce & Chinese noodles <b>V N</b>	<b>13.45</b>
- add chicken	<b>1.20</b>
- add prawns or beef	<b>2.50</b>
<b>PENNE CHICKEN BAKE</b> – 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	<b>14.80</b>
<b>HALF ROAST PIRI PIRI CHICKEN</b> – roasted half chicken dusted in Piri Piri spices served with Mexican sauce, stir fry vegetables & potato of your choice <b>C</b>	<b>12.45</b>
<b>CHICKEN SANDWICH</b> – char-grilled breast of chicken on a toasted bap served with seasonal salad and potato of your choice	<b>13.45</b>
<b>PULLED PORK BAGUETTE</b> – Slow cooked pulled Pork in a rich BBQ sauce, served on a crusty French baguette or a Hasset's bun with salad and potatoes of your choice.	<b>12.45</b>
<b>CHICKEN PITTA</b> – char-grilled breast of chicken in a pitta bread pocket served with seasonal salad and potato of your choice	<b>13.45</b>
<b>SICILIAN CHICKEN</b> – Chargrilled breast of chicken with a tomato, sweet chilli & herb sauce served with seasonal salad & potatoes of your choice <b>C</b>	<b>14.80</b>
<b>CAJUN CHICKEN</b> – Chargrilled breast of chicken marinated in Cajun spices topped with a red onion & mango sauce, served on a bed of Basmati rice <b>C</b>	<b>14.80</b>
<b>ROAST DUCK</b> – Half crispy duck in a caramelised honey and orange sauce served with stir-fried vegetables and potatoes of your choice <b>C</b>	<b>25.95</b>

# STEAKS | LUNCH

**MINUTE STEAK** - 6 oz entrecote, char-grilled and served with seasonal salad and potatoes of your choice **C**

**17.65**

**FILLET MIGNON** - Prime Irish beef, char-grilled and served with seasonal salad, sautéed mushrooms & potato of your choice **C**

**23.45**

**SIRLOIN STEAK** - 10 oz. Prime Irish beef, char-grilled and served with seasonal salad, sautéed mushrooms & potato of your choice **C**

**22.60**

**T-BONE** - 14 oz. Prime Irish beef char-grilled and served with seasonal salad, sautéed mushrooms & potato of your choice **C**

**24.90**

**STEAK SANDWICH** - char-grilled 6 oz sirloin steak served on a crispy French baguette with salad & Dijon mayonnaise

**17.00**

Choose a sauce for your steak: Mexican, Neapolitan, Garlic butter, Au-Poivre

Add onion rings

**2.95**

# BURGERS | LUNCH

**ECO HOMEMADE BURGER** – 7.5 oz prime Irish beef burger, chargrilled

served on a toasted bap with seasonal salad & French fries or spicy wedges **14.00**

Choice of toppings: garlic butter, Cajun spices or Mexican sauce

**ECO HOMEMADE DOUBLE BURGER** – 2 X 7.5 oz **16.40**

**BACON & MOZZARELLA OR CHEDDAR BURGER** – 7.5oz prime Irish beef

burger chargrilled topped with mozzarella & bacon served with

French fries or wedges **14.50**

**BACON & MOZZARELLA OR CHEDDAR DOUBLE BURGER** – 2 X 7.5 oz **18.05**

**PESTO AND MOZZARELLA OR CHEDDAR BURGER** – 7.5oz Prime Irish beef

burger chargrilled topped with mozzarella & basil or sun-dried tomato

pesto served with French fries or wedges **14.80**

**PESTO AND MOZZARELLA OR CHEDDAR DOUBLE BURGER** – 2 X 7.5 oz **17.50**

**NUTBURGER** – crushed cashew nuts, hazelnuts & almonds combined

with onions garlic & soya sauce served on a toasted bap with

seasonal salad, French fries or wedges **V N 14.30**

# EASTERN TWIST | LUNCH

**MADRAS CURRY** – Your choice of any of the following,

Beef <b>C</b>	14.80
Breast of chicken <b>C</b>	14.30
Vegetables <b>C</b>	13.45
Prawns <b>C</b>	17.00
Pork <b>C</b>	14.80

Served with Basmati rice or fries

Add noodles or fried rice for **€1.00**. Add mixed crunchy vegetables: **€2.00**

**CHINESE STYLE SATAY** – Your choice of any of the following,

Beef <b>C N</b>	15.85
Breast of chicken <b>C N</b>	15.45
Vegetables <b>C N</b>	14.80
Prawns <b>C N</b>	18.15
Pork <b>C N</b>	15.85

Served with Basmati rice or fries

Add noodles or fried rice for **€1.00**. Add mixed crunchy vegetables for **€2.00**

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

**CHICKEN STIR FRY** – Chicken stir-fried with peppers, mange touts, courgettes,

sweet corn, broccoli, cauliflower & cashew nuts served on a bed of Basmati rice **C N** 14.25

Extra noodles or fried rice for **€1.00**

**VEGETARIAN STIR FRY** – Peppers, mange tout, courgettes, sweet corn, water chestnuts,

bean shoots & cashew nuts served on a bed of Basmati rice **V C N** 13.45

Extra noodles or fried rice for **€1.00**

**V** – Suitable for vegetarians. **C** – Suitable for Celiac. **N** – May contain nuts.

# SIDE ORDERS | LUNCH

<b>POTATOES</b>	French fries	2.60
	Boiled Potatoes	2.60
	Roast potatoes	2.60
	Hasselback 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
<b>AL FORNO</b>		
2.60	Italian herbed tomatoes	
	(Roasted) Stuffed red peppers	4.10
	Red peppers	3.05
<b>STIR FRIED</b>		
	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
<b>BREADS</b>		
	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
<b>RICE</b>		
	Basmati boiled Rice	2.60
	Fried Rice	3.65
<b>SALADS</b>		
	Green Salad	3.65
	Mixed leaf salad	3.65
	Tomato, onion & olive Salad	3.65
	Olives in Garlic	2.35
<b>SAUCES</b>		
	Curry Sauce	3.05
	All extra sauces	2.05
<b>ONION RINGS</b>		3.65

# BEVERAGES | LUNCH

## 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	2.95
Passion Fruit Juice	2.95
Orange Juice	3.50
Apple Juice	3.50

## COFFEE

Flavours: vanilla, Irish cream, amaretto

Regular Coffee	2.95
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.	3.25
Espresso – plain or flavoured.	2.50
Double Espresso – plain or flavoured.	2.95
Hot Chocolate	3.25
Affogato Mocha – 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. Espresso with stretched & texturised 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, elderflower, green

Pot of Herbal Tea for 1	2.50
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 | LUNCH

<b>RICH DOUBLE FUDGE CAKE</b> - Layers of chocolate sponge sandwiched with chocolate ganache served hot or cold	<b>4.95</b>
<b>DEMERARA MERINGUES</b> - Melt in the mouth meringue with seasonal fruits and fresh cream <b>C</b>	<b>4.95</b>
<b>MERINGUE ROULADE</b> - A gooey meringue roulade filled with fresh cream, summer berries & seasonal fruits <b>C</b>	<b>4.95</b>
<b>BANOFFEE PIE</b> - Biscuit base topped with bananas, soft rich toffee and fresh cream	<b>4.95</b>
<b>PROFITEROLES WITH CHOCOLATE SAUCE</b> - Choux pastry filled with vanilla cream and topped with chocolate sauce	<b>4.40</b>
<b>TRADITIONAL APPLE PIE</b> - Soft crust pastry baked with apples and cinnamon served with whipped cream or ice cream <b>C</b>	<b>4.95</b>
<b>APPLE CRUMBLE</b> - Traditional apple crumble with cream or ice-cream	<b>4.95</b>
<b>ECO ICE CREAMS</b> - A selection of strawberry, vanilla and chocolate ice-cream, served with fresh fruit or summer fruit <b>C</b>	<b>4.70</b>
<b>FRESH STRAWBERRIES (In Season)</b> - With a choice of cream or ice-cream <b>C</b>	<b>5.15</b>
<b>TIRAMISU</b> - Italian pudding with sponge fingers, rum and mascarpone cheese	<b>4.95</b>
<b>FRESH FRUIT SALAD (in season)</b> - A selection of mangoes, pineapples, kiwis, apples, grapes, strawberries and oranges served in mango juice <b>C</b>	<b>4.95</b>
<b>CHEESECAKE</b> - Homemade eco cheesecake set on a golden crumb biscuit base	<b>4.95</b>
<b>PINEAPPLE COSTA RICA</b> - Fresh Costa Rican pineapple with creamy vanilla ice cream drenched with chilled summer fruit berries <b>C</b>	<b>5.15</b>
<b>SNICKERS CAKE</b> - Rich Soft Caramel laced with peanuts, served with Vanilla Ice Cream and Chocolate Sauce.	<b>5.15</b>
<b>ECO TRIO</b> - One Profiterole smothered in chocolate sauce, with one scoop of Vanilla or Chocolate Ice Cream, finished with fresh Strawberries	<b>5.15</b>
<b>ECO SPECIAL DESSERT</b> - Patisserie's special - please ask our staff for details	<b>5.95</b>
<b>BELGIAN CHOCOLATES</b> - Served with Coffee	<b>3.40</b>
<b>DUO OF CHOCOLATE TRUFFLES</b> - Served with Coffee	<b>4.10</b>
<b>DESSERT AND COFFEE</b> - With main course	<b>5.15</b>
<b>ICE-CREAM</b> - side order	<b>1.10</b>