

**LIST OF ALLERGENS:**

TREE NUTS 1 | FISH 2 | MILK 3 | MUSTARD 4 | CRUSTACEANS 5 | GLUTEN 6 | MOLLUSCS 7 |  
SULPHITES 8 | EGGS 9 | LUPIN 10 | CELERY 11 | PEANUTS 12 | SESAME SEEDS 13 | SOYA 14



**FOOD ALLERGIES AND INTOLERANCES**

While every effort is made to cater for food allergies, please be advised that all food is prepared in a kitchen where allergens are present. All food served may contain traces of all allergens.  
V SUITABLE FOR VEGETARIANS C SUITABLE FOR CELIAC N MAY CONTAIN NUTS

**ENTRÉES**

	Starter	Main
<b>SELECTION OF GARLIC BREADS</b> V(1)(3)(6) 4.40 Garlic french baguettes topped with mozzarella, basil pesto & sun-dried tomato pesto		
<b>GARLIC MUSHROOMS</b> V (3)(6) ..... 6.00 Mushrooms baked in our own garlic butter served with crusty garlic bread		
<b>CAJUN MUSHROOMS</b> V ((6) ..... 6.00 Mushrooms baked in chili oil topped with Cajun spices and served with crusty garlic bread		
<b>EMPEROR SALAD</b> N (1)(6)(14) ..... 8.75 18.25 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		
<b>BLUE RIDGE CHICKEN</b> C (4)(8) ..... 8.75 18.25 Breast of chicken pieces wok fried in garlic and Cajun spices, served on a mixed leaves salad, cherry tomatoes, red onions & diced mixed peppers, with a side of sweet chili mayonnaise		
<b>PRAWNS PIL-PIL</b> C (2)(5)(6) ..... 10.55 21.20 Lightly spiced king prawns, slow roasted in chili oil with garlic & fresh cut chilies served with crusty French bread Add Spanish chorizo to Pil-Pil starters ..... 1.10 2.10		
<b>PRAWNS TEMPURA</b> C (2)(5)(9)(14) ..... 10.55 21.20 King prawns deep fried in a golden tempura batter served with dark soya sauce		
<b>GOUJONS OF LEMON SOLE</b> C (2)(9) ..... 8.30 17.75 Deep fried in tempura batter, served on a bed of mixed leaves, and a side of sweet chili sauce		
<b>FRITTO MISTO</b> C (2)(4)(5)(9) ..... 8.75 18.25 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, hake, smoked haddock, squids and prawns)		
<b>BEEF FILLET TIPS</b> (6)(13)(14) ..... 9.85 20.50 Wok fried beef fillet tips, marinated in a soy, sweet chili 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)		
<b>SPICY CHICKEN WINGS</b> C ..... 6.90 18.25 Freshly baked spicy chicken with homemade BBQ sauce (2)/ Buffalo sauce and blue cheese dip. (3)		

**DISPOSABLE MENU**

**PASTA**

	Starter	Main
<b>TAGLIATELLE ALL'ARRABBIATA</b> (3)(4)(6)(9)(11) 6.00 14.35 Tagliatelle pasta tossed with mushrooms in a rich and spicy homemade tomato sauce and topped with Grana Padana parmesan shavings Add Chicken ..... 2.75 3.00		
<b>ECO SEAFOOD TAGLIATELLE</b> (2)(3)(4)(5)(6)(9)(11) 9.45 19.95 Selection of prawns, squid, smoked haddock, cod, salmon & lemon sole lightly cooked in a basil cream sauce		
<b>FETTUCINE AL SALMON</b> (2)(3)(4)(6)(9)(11) ..... 8.75 18.700 Fresh cut salmon fillet pieces sautéed in an Italian style herb and cream sauce with fettucine pasta		
<b>PASTA PRIMAVERA</b> V (1)(3)(4)(6)(9)(11) ..... 7.80 16.95 Cooked with a mix of courgettes, broccoli, mange touts, baby corn, mushrooms, carrots, celery, peas, cauliflower and peppers in a white wine and cream sauce		
<b>PASTA PAPPARDELLE</b> (3)(4)(6)(9) ..... 8.00 17.45 Chicken breast pieces & mushrooms tossed with pappardelle in a mixed herb cream sauce, served with salad & garlic bread		

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

**MAINS**

<b>CHICKEN PAVESSE</b> C (1)(3)(11) ..... 20.40 Chargrilled breast of chicken with a Chardonnay, cream, basil & tomato sauce served with stir-fried vegetables & potato of your choice		
<b>CHICKEN TAVERNA</b> C (1)(3)(11) ..... 20.40 Chargrilled breast of chicken topped with a whiskey cream & mushroom sauce served with stir-fried vegetables & potato of your choice		
<b>CAJUN CHICKEN</b> (4)(6)(9)(11) ..... 19.50 Chargrilled breast of chicken marinated in Cajun spices topped with a Pomodoro sauce served with Tagliatelle & seasonal salad		
<b>ECO ROAST HALF CHICKEN</b> ..... 19.50 Rubbed in a mix of eco's herbs and mild spices, slow roasted and served with French fries or spicy wedges.		
<b>ROAST CRISPY HALF DUCK</b> C (1)(4)(11) ..... 24.90 Roast duck topped with a caramelised honey and orange sauce served with stir-fried vegetables and potato of your choice		
<b>CHARGRILLED FILLETS OF PORK</b> C (3)(11) ..... 21.95 Fillet 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		

**MADRAS CURRY**

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

<b>BEEF</b> C (4)(11) ..... 15.80 19.40	
<b>BREAST OF CHICKEN</b> C (4)(11) ..... 15.30 18.25	
<b>VEGETABLES</b> C V (1)(4)(11) ..... 14.45 16.55	
<b>PRAWNS</b> C (2)(4)(5)(11) ..... 17.00 19.95	
<b>PORK</b> C (4)(11) ..... 14.80 19.95	
<b>ECO SPECIAL CURRY</b> C (1)(2)(4)(5)(11) ..... 18.00 23.05 (beef, pork, chicken & prawns' combo) Add noodles or fried rice ..... 2.10 Add mixed crunchy vegetables ..... 2.10	

**CHINESE STYLE SATAY**

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

<b>BEEF</b> C N (1)(2)(4)(5)(11)(12) ..... 16.95 20.50	
<b>BREAST OF CHICKEN</b> C N (1)(2)(4)(5)(11)(12) ..... 15.45 19.40	
<b>VEGETABLES</b> C N V (1)(2)(4)(5)(11)(12) ..... 14.80 17.75	
<b>PRAWNS</b> C N (1)(2)(4)(5)(11)(12) ..... 17.95 21.70	
<b>PORK</b> C N (1)(2)(4)(5)(11)(12) ..... 15.85 20.30	
<b>ECO SPECIAL SATAY</b> C N (1)(2)(4)(5)(11)(12) ..... 16.85 21.95 (beef, pork, chicken & prawns' combo) Add noodles or fried rice ..... 2.10 Add mixed crunchy vegetables ..... 2.10	

**MEDITERRANEAN STIR FRY**

Your choice of any of the following, served with crisp green salad, rice or boiled potatoes.

<b>BEEF</b> N (1)(6)(11)(14) ..... 20.50	
<b>BREAST OF CHICKEN</b> N (1)(6)(11)(14) ..... 19.75	
<b>VEGETABLES</b> N (1)(6)(11)(14) ..... 16.60	
<b>PRAWNS</b> N (1)(5)(6)(11)(14) ..... 21.70	
<b>ECO SPECIAL STIR FRY</b> N (1)(5)(6)(11)(14) ..... 21.95 (beef, pork, chicken & prawns' combo) Add noodles or fried rice ..... 2.10	

**STEAKS**

**STEAKS -PRIME IRISH BEEF**  
Steaks are served with a choice of Mexican (4)(11), au-poivre sauces (3)(4)(11), garlic butter (3)(11), sautéed onions & mushrooms and potatoes of your choice

<b>6OZ FILLET</b> C ..... 22.00	
<b>8OZ FILLET</b> C ..... 27.45	
<b>10OZ SIRLOIN</b> C ..... 24.90	
<b>8OZ RIB-EYE</b> C ..... 20.75	

**BURGERS**

<b>ECO HOMEMADE BURGER</b> ..... 17.45 7.5oz char grilled prime Irish beef burger, served on a toasted brioche bun with cheddar cheese / Dubliner cheese (optional), seasonal salad & French fries or spicy wedges Choice of sauces: garlic butter (3), black pepper sauce (3), mushroom (3) sauce or Mexican sauce (4)(11)	
<b>ECO HOMEMADE DOUBLE BURGER</b> ..... 19.50 2 x 7.5oz Add bacon ..... 1.00	
<b>NUT BURGER</b> V N (1)(3)(6)(11) ..... 16.95 Roasted cashews, hazelnuts and almonds with white onions, celery, carrots, garlic and light soy sauce	
<b>BEYOND BURGER (VEGETARIAN)</b> (3) ..... 18.20 beyond meat burger in a brioche bun with french fries or wedges Add cheddar cheese (optional)	
<b>BEYOND BURGER (VEGAN)</b> (13) ..... 18.20 beyond meat burger in a vegan bun with french fries or wedges Add vegan mayonnaise and vegan cheese (optional)	

**FISH**

<b>PAN FRIED FISH</b> C (2) ..... 23.85 one choice of sole, salmon, cod or hake pan-fried in extra virgin olive oil with balsamic vinegar, red chili flakes & capers served with stir-fried vegetables & potatoes of your choice	
<b>CAJUN SALMON</b> C (2)(4)(11) ..... 22.85 Delice of fresh salmon marinated with Cajun spices topped with a red onion & mango sauce served with stir-fried vegetables & potato of your choice	
<b>SOLE AL FORNO</b> C (2)(3)(4)(5)(11) ..... 23.85 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	
<b>ROAST FISH AL FORNO</b> C (2)(5) ..... 22.85 Fresh fillet of cod or hake roasted with prawns in a rosemary infused oil with stir-fried vegetables & herbs, served with hasselback potatoes	
<b>ECO TRADITIONAL FISH &amp; CHIPS</b> C ..... 16.75 Golden fried fillet of cod or hake cooked in a light tempura batter served with garden peas, french fries and lemon tartar sauce	

**SIDE ORDERS/POTATOES**

<b>French fries</b> ..... 2.85	
<b>Boiled potatoes</b> ..... 2.85	
<b>Roast potatoes</b> ..... 2.85	
<b>Hasselback potatoes</b> ..... 3.35	
<b>Spicy wedges</b> ..... 3.35	
<b>Baked potato (butter or garlic butter)</b> (3) ..... 2.85	
<b>Rissole (deep-fried potato)</b> ..... 3.35	
<b>Garlic potatoes</b> (3) ..... 3.35	
<b>Cajun potatoes</b> ..... 3.35	
<b>Bacon &amp; cheddar potatoes</b> ..... 4.00	
<b>Stir Fry Vegetables</b> (1) ..... 4.00	
<b>Curry sauce</b> ..... 3.05	
<b>All extra sauces</b> ..... 2.05	