DINNER MENU

Entrées

	Starter	Main
Selection of Garlic Breads – Garlic French baguettes topped with mozzarella, basil pesto & sun-dried tomato pesto V (1,3,6)	6.50	
Garlic Mushrooms – Mushrooms baked in a homemade garlic butter served with crusty garlic bread V (3,6)	7.90	
Cajun Mushrooms – mushrooms baked in chilli oil, topped with Cajun spices and served with crusty garlic bread V (6)	7.90	
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. Main Course is served with Garlic Bread (1,6,14)	9.90	20.70
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. (4,6,9) Main Course is served with Garlic Bread	9.90	20.70
Goats Cheese Salad – Fresh goats cheese salad nestled on a bed of Balsamic dressed salad, toasted walnuts and honey drizzle V (1,3)	10.80	20.95
Prawns Pil-Pil – Lightly spiced king prawns, slow roasted in chilli oil with garlic & fresh cut chillies served with crusty French Bread (2,5,6) ***Add Spanish Chorizo to Pil-Pil €1.10***	12.55	24.20
Prawns Tempura – King prawns deep fried in a golden tempura batter served on a bed of mixed leaves, and a side of sweet chilli sauce (2,5)	12.55	24.20
Goujons of Lemon Sole – deep fried in tempura batter, served on a bed of mixed leaves, and a side of sweet chilli sauce (2)	10.20	20.70
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 (2,4,5,9) (*Seafood include: salmon, lemon sole, cod, smoked haddock, squid and prawns)*	10.60	21.30
Beef Fillet Tips – Wok fried beef fillet tips, marinated in a soy, sweet chilli and garlic sauce, tossed with toasted sesame seeds. This is served with side salad, a coriander, lime and ginger dip. Potato of your choice with Main Course (6,13,14)	12.50	23.65
Chicken Wings – Freshly baked chicken wings with homemade Barbeque sauce or Frank's red hot buffalo sauce (2,3,4,9)	10.95	21.70

***V**– Suitable for vegetarians*

Pasta

	Starter	Main
eco Seafood Tagliatelle – Selection of prawns, squid, smoked haddock, cod, salmon & lemon sole lightly cooked in a basil cream sauce. (2,3,5,6,9)	10.40	21.60
Fettucine al Salmon – Fresh cut salmon fillet pieces sautéed in an Italian style herb and cream sauce with Fettucine pasta. (2,3,6,9)	9.60	20.50
Pasta Primavera – cooked with a mix of courgettes, broccoli, mange touts, sweet corn, mushrooms, carrots, celery, peas, cauliflower and peppers in a white wine and cream sauce. V (3,6,9)	8.60	18.50
Tagliatelle All'Arrabbiata – tagliatelle pasta tossed with mushrooms in a rich and spicy homemade tomato sauce and topped with Grana Padana parmesan shavings. V (3,6,9)	8.50	17.50
Tagliatelle All'Arrabbiata con Pollo – tagliatelle pasta in a rich and spicy tomato sauce, tossed with mushrooms and tender chicken breast pieces, and topped with parmesan shavings. (3,6,9)	9.60	19.50
Pasta Pappardelle – Chicken breast pieces & mushrooms tossed with pappardelle in a mixed herb cream sauce, served with salad & garlic bread. (3,6)	9.90	20.50

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

Mains

Chicken Pavesse – Char grilled breast of chicken with a Chardonnay, cream, basil & tomato sauce served with stir-fried vegetables & potato of your choice. (3,11)	23.40
Chicken Taverna – Char grilled breast of chicken topped with a whiskey cream & mushroom sauce served with stir-fried vegetables & potato of your choice. (3,11)	23.40
Cajun Chicken – Chargrilled breast of chicken marinated in Cajun spices topped with Pomodoro sauce served with Tagliatelle and seasonal salad. (6,9)	22.30
Roast Crispy Half Duck – Roast duck topped with a caramelised honey and orange sauce served with stir-fried vegetables and potato of your choice. (11)	27.00
eco Roast Half Chicken – Rubbed in a mix of eco's herbs and mild spices, slow roasted and served with French fries or spicy wedges and stir fry vegetables. (4,9,11)	19.90
Chargrilled Fillets of Pork – Fillets of pork coated with cracked black & white peppercorns, topped with a light mushroom and black pepper cream sauce, served with stir-fried vegetables & potato of your choice. (3,11)	23.90

V*– Suitable for vegetarians*

Eastern Twist

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

Add noodles or fried rice €2.20. Add mixed crunchy vegetables €2.20 Add tofu 2.20	Medium	Large
Beef (4)	18.40	22.40
Breast of Chicken (4)	17.90	21.20
Vegetables (4,11)	16.80	19.40
Prawns (2,4,5)	19.60	23.70
Pork (4)	17.30	22.20
eco Special Curry (beef, pork, chicken & prawns' combo) (2,4,5)	20.70	26.20

Chinese Style Satay – Your choice of any of the following, served with Basmati rice or fries.

Add noodles or fried rice €2.20. Add mixed crunchy vegetables €2.20	Medium	Large
Beef (1,2,4,5,6,12)	18.40	22.40
Breast of Chicken (1,2,4,5,6,12)	17.90	21.20
Vegetables (1,2,4,5,6,11,12)	16.80	19.40
Prawns (1,2,4,5,6,12)	19.60	23.70
Pork (1,2,4,5,6,12)	17.30	22.20
eco Special Satay (beef, pork, chicken & prawns' combo) (1,2,4,5,6,12)	20.70	26.20

Mediterranean Stir Fry – Your choice of any of the following,
served with Basmati rice, fries or boiled potatoes. Add noodles or fried rice €2.20

Beef (1,3,6,11,14)	23.40
Breast of Chicken (1,3,6,11,14)	22.60
Vegetables (1,3,6,11,14)	19.20
Prawns (1,2,3,5,6,11,14)	24.70
eco Special stir fry (beef, pork, chicken & prawns' combo) (1,2,3,5,6,11,14)	24.90

Gluten Free Option available on request

Steaks

Steaks - *Prime Irish Beef*
Steaks are served with a choice of Mexican, au-poivre (sauces), garlic butter, sautéed onions & mushrooms and potatoes of your choice (3)

6 oz fillet	29.90
9 oz fillet	37.50
10 oz sirloin	29.90

V *– Suitable for vegetarians.*

Burgers

eco Homemade Burger – 2×3.75oz smashed chargrilled patties, black pudding, served on a toasted brioche bap with seasonal salad, gherkins, French fries or spicy wedges. *Choice of sauces: garlic butter, black pepper sauce, mushroom sauce or Mexican sauce*. (3,4,6,9) *Choice of Cheese: Dubliner, Mozzarella or Red Cheddar*. Add Bacon €1.50 — 19.90

Beyond Burger (vegetarian) – beyond meat burger in a brioche bun and gherkins served with French fries or wedges. (4,6,9,13) *Add cheddar cheese (optional)* — 19.90

Beyond Burger (vegan) – beyond meat burger in a vegan bun and gherkins, served with French Fries or wedges. (4,6,13) *Add vegan mayonnaise and vegan cheese (optional)* — 19.90

Gluten Free Burger – 2 × 3.75oz smashed chargrilled beef patties topped with traditional black pudding, served in a toasted gluten-free brioche-style bun with seasonal salad and gherkins, French fries or spicy wedges. (3,4,9,13) *Choice of sauces: garlic butter, black pepper sauce, mushroom sauce, or Mexican sauce. Choice of cheese: Dubliner, Mozzarella, or Red Cheddar.* — 19.90

Chicken Sandwich – Chargrilled breast of chicken, plain or marinated in cajun Spices, served on a toasted brioche bap with seasonal salad & French fries or spicy wedges, sweet chilli mayo. (3,4,6,9) — 18.50

Nut Burger (vegetarian)- Roasted cashews, flaked almonds and hazelnuts in a brioche bun, served with French fries or wedges. (1,3,4,6,9,11,14) — 19.90

Fish

Pan Fried Fish – Fish of the day pan-fried in extra virgin olive oil with balsamic vinegar, red chilli flakes & capers served with stir-fried vegetables & potatoes of your choice. (2,11) — 26.00

Cajun Salmon – Delice of fresh salmon marinated with Cajun spices topped with a red wine, red onion & mango sauce served with stir-fried vegetables & potato of your choice. (2,11) — 26.00

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. (2,3,5,11) — 28.00

Roast Fish al Forno – Fish of the day roasted with prawns in a rosemary infused oil with vegetables & herbs, served with Hassel back potatoes. (2,3,5,11) — 27.00

eco Traditional Fish & Chips – Fish of the day or smoked cod cooked in a light gluten free tempura batter served with garden peas, lemon, French fries and tartar sauce.(2,4,9) — 19.70

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

V*– Suitable for vegetarians.*

FULL ALLERGEN BOOK AVAILABLE ON REQUEST

FOOD ALLERGIES & 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.

Side Orders

Potatoes	French fries	4.00
	Boiled potatoes	4.00
	Roast potatoes	4.00
	Hassel back potatoes	4.00
	Spicy wedges	4.00
	Baked potato (butter or garlic butter) (3)	4.00
	Rissole (deep-fried potato)	4.00
	Garlic potatoes (3)	4.00
	Cajun potatoes	4.00
	Bacon & cheddar potatoes (3)	4.00
Stir Fried	Onions	4.00
	Mushroom (3)	4.00
	Mushrooms & onions (3)	4.00
	Stir Fry Vegetables	4.50
Breads	Garlic bread (3,6)	4.00
	Mozzarella or cheddar bread (3,6)	4.50
	Basil or tomato pesto Bread (3,6)	4.50
	Poppadum	2.00
Rice	Basmati boiled Rice	4.00
	Fried rice (14)	4.50
Salads	Green salad	4.20
	Mixed leaf salad	4.20
Sauces	Curry sauce (4)	3.50
	Satay Sauce (1,2,4,12)	3.50
	Sweet Chilli Mayo (4,9)	2.00
	Tomato Pesto (3)	2.00
	Basil Pesto (1,3)	2.00
	Blue Cheese Dipping (3,4,9)	

Beverages

Cold Drinks

Coke, Diet Coke, Coke zero, 7-Up, 7-Up free, Club Orange, San Pellegrino Lemon	3.50
Mineral Water, 0.33 Litre	3.50
Mineral Water, 0.75 Litre	4.95
Orange or Apple Juice	3.50
Cranberry Juice with lemon	3.50
Glass of Milk (3)	2.05

Coffee

Flavours: Vanilla or Hazelnut

Coffee with Duo Homemade Truffle (3)	6.50
Regular Coffee (Sml)	3.10
Regular Coffee (Lge)	3.40
Cappuccino – plain or flavoured. Also available in skinny option with low-fat milk. (3)	3.40
Cafe Latte – plain or flavoured. Also available in skinny option with low-fat milk. (3)	3.40
Espresso – plain or flavoured.	2.60
Double Espresso – plain or flavoured.	3.10
Hot Chocolate, on a stick by "Dave chocolates" (3)	3.40
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! (3,9)	3.70
Flat White – our signature coffee. Double Espresso with stretched & texturized milk creating a smooth rich white coffee! (3)	3.10

Tea

Pot of Tea for 1	2.95
Pot of Tea for 2	3.50

Herbal Tea

Flavours: Peppermint, Camomile, Green, Green lemon, Rooibos, Earl grey

Pot of Herbal Tea for 1	2.95
Pot of Herbal Tea for 2	3.60

Fruit Tea

Lemon & ginger and Berry

Pot of Fruit Tea for 1	2.95
Pot of Fruit Tea for 2	3.60

Non-Alcoholic Drinks

NON-ALCOHOLIC PROSECCO

bottle 75cl	€19.95
glass	€6.25

NON-ALCOHOLIC WINE

Natureo Muscat	White	
Sangre de Toro	Red	
bottle 75cl		€23.00
glass		€5.95

NON-ALCOHOLIC BEER AND CIDER

Heineken 0% alcohol Pint	€5.95
Peroni 0% alcohol (330ml)	€4.85
Bulmer's 0% alcohol (330ml)	€4.85
Stonewell 0% alcohol (330ml)	€4.85

NON-ALCOHOLIC GIN

Virgin Gin Bramble €6.95

Botanicals "non-alcoholic" gin served over fresh strawberries, raspberries, redcurrants, blackcurrants and blueberries in a balloon glass over lots of ice tonic and a dash of cranberry juice

LemonZecco	€5.95
MangoZecco	€5.95

Refreshing sparkling beverage of homemade sorbet and non-alcoholic prosecco topped with fresh strawberry.

Desserts

Rich Double Fudge Cake. Layers of chocolate sponge sandwiched with chocolate ganache served hot or cold with a scoop of ice cream (3,6,9,14) 8.00

Meringue Roulade. A gooey meringue roulade filled with fresh cream, summer berries & seasonal fruits. (3,9) 8.50

Banoffee Pie. Biscuit base topped with bananas, soft rich toffee and fresh cream. (3,6) 8.50

Apple Pie. Granny apple pie crust served with fresh cream or ice cream. (3,6,9) 8.50

Apple Crumble. Homemade granny apple pie crust with cinnamon. served with cream or ice cream *(3,6,9)* 8.50

Eco Ice Creams. Selection of vanilla, strawberry and chocolate ice cream served with chocolate sauce or hot summer berries. (3,9) 8.50

Tiramisu. Italian pudding with sponge fingers, rum and mascarpone cheese. (3,6,9) 8.50

Cheesecake. Homemade eco cheesecake set on a golden crumb biscuit base. (3,6,9) 8.50

Chocolate Brownie. Served with creamy vanilla ice cream and chocolate sauce.(3,6,9) 8.50

Snickers Cake. Rich Soft Caramel laced with peanuts, served with Vanilla Ice Cream and Chocolate Sauce. (1,3,9,12,14) 8.50

Lemon Meringue Pie. Dessert pie consisting of a shortened pastry base filled with lemon curd and topped with meringue. (1,3,6,9) 8.50

Profiteroles. Served with chocolate sauce. (3,5,6,9) 8.50

Selection of Sorbet. Served with a drizzle of strawberry syrup for a refreshing finish. 5.95

Vegan Chocolate Cake. Crafted with rich cocoa and plant-based ingredients. (6) 7.50

Ice-cream *(3,9)* ***or Sorbet Scoop*** *(Side order)* 3.00

Duo Chocolate truffles *(3) - (Add any coffee for €2.00)* 4.50

NB: A service charge of 10% applies to parties of 7 or more
Please let us know about any special dietary requirements you may have.

Allergens

1. *Tree Nuts*
2. *Fish*
3. *Milk*
4. *Mustard*
5. *Crustaceans*
6. *Gluten*
7. *Mollusks*
8. *Sulfites*
9. *Eggs*
10. *Lupin*
11. *Celery*
12. *Peanuts*
13. *Sesame Seeds*
14. *Soya*