

Cafe Menu

OPEN 10AM-9:45PM MEAL SERVICE 12PM-5PM

STARTERS

Soup Special

Healthy and warming, served with our homemade brown bread

€5.50

Creacon Salad

Served with a choice of poached egg or prawns or tuna, with our homemade brown bread

€10.50

MAINS

All mains are served with a wellness elixir to balance the enzymes of the dish.

Warm King Prawn Salad

Served with coriander, ginger, mango and lime with a tzatziki dressing served with garlic naan bread

A source of omega 3, Improves digestion and reduces inflammation.

€12.00

Yellow Split Dal Kitcharee

served with raw vegetables and homemade hummus

Aids digestion, balancing, energizing and enhancing mood.

€12.00

Coconut Chicken Curry

Served with fluffy saffron basmati rice

€12.50

Mediterranean Fusilli Pasta

Served in a tomato and vegetable sauce, chef's homemade basil pesto and topped with parmesan cheese

€12.50

SANDWICHES

All sandwiches are served with a fresh crisp side salad.

Open Prawn Sandwich on our homemade brown bread with apple, coriander and lime mayonnaise

€10.50

Irish Smoked Salmon

Served on a crusty multi-cereal baguette filled with crème fraiche, sundried tomato, tangy ginger slices and chef's homemade fresh coriander pesto

€12.00

Marinated Artichoke and Peppers

Served on a multi cereal baguette filled with Italian taleggio cheese and chef's homemade basil pesto

€12.00

Goats Cheese and Serano Ham Panini

Chargrilled with lashings of tomato chutney

€12.00

DESSERTS

Dessert of the Day **€5**

Ask your server

Fruit Lassi **€5**

Fruit of your choice with greek style yogurt and honey

Zesty Strawberry Delight **€5**

Strawberries served with lime juice & fresh mint

Fresh Fruit Salad **€5**