

## MONDAY

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### LUNCH

**Tahini Soup ..... €12.50**

Served with Waldorf Salad and chickpea dressing. 800Kcl. SE CY TN SP.

*Aids liver detoxification, helps promote healthy cell growth.*

### DINNER

**Sweet Potato Tofu Macao ..... €16.50**

With naan bread. 628Kcl. SY TN WH MK.

*A warming anti-cancer dish that helps build cells and energises the body.*

**Baked Apples with Warming Spices ..... €5**

126Kcl. SP.

*Comforting, cleansing, balancing, and aids digestion.*

Elixir: Ginger, lemon and cayenne, to aid in digestion.

## TUESDAY

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### LUNCH

**Baked Crepes ..... €12.50**

Filled with ricotta and mixed vegetables, topped with tomato and tofu served with a side salad. 593Kcl. CY EG MK MD SY.

*May help lower bad cholesterol to protect against cancer and heart disease.*

### DINNER

**Roast Cashew Nut Soup ..... €6.50**

With sweet potato, and ginger. 320Kcl. MD TN SY.

*May help to reduce degenerative heart disease and stress levels.*

**Roast Stuffed Peppers ..... €16.50**

In a spicy tomato roast courgette and coriander sauce. 630Kcl.

*Helps to relieve and ease inflammation.*

Elixir: Goji berry helps to reduce high blood pressure and improve sugar levels.

## WEDNESDAY

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### LUNCH

**Cream of Asparagus Soup ..... €12.50**

Served with garlic crostini, roast vegetables and nuts. 610Kcl. CY MK TN.

*May help protect against cancer and slowing down the aging process, a natural diuretic.*

### DINNER

**Indian Potato & Pineapple Stew ..... €16.50**

Served with basmati rice. 680Kcl. CY PN TN.

*Promotes healthy complexion and hair, may also help increase energy.*

**Banana Halva ..... €5**

794Kcl. WH MK PN.

*May help sustain blood sugar levels and strengthen the nervous system.*

Elixir: Raw apple cider vinegar & honey, anti-inflammatory, and reduces nausea.

## THURSDAY

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### LUNCH

**Butternut, Coconut & Almond Soup .... €12.50**

Served with red energy salad. 574Kcl. SY PN TN CY.

*Good for vascular health, hormonal health and weight loss.*

### DINNER

**Warm Green Bean Salad ..... €7.50**

With garlic and ginger dressing. 207Kcl. TN SP.

*Anti-inflammatory benefits and may help prevent diabetes.*

**Tomato Dal ..... €16.50**

Served with Basmati Rice. 369Kcl. MD.

*May help the risk of heart disease and aid digestion.*

Elixir: Turmeric, black pepper and ginger, reduces nausea and improves digestion.

## FRIDAY

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### LUNCH

**Mussel & Prawn Bisque..... €12.50**

With creamy coconut, wakame and crunchy potato bits. 320Kcl. CS FH MS CY.

*Promotes good brain function, supports a healthy immune system.*

**Veg Option: Vegetarian Omelette ..... €12.50**

568Kcl. EG SY CY TN PN.

*Promotes good cholesterol.*

### DINNER

**Baked Haddock on a Poha Cake..... €17.50**

Served in a capsicum sauce. 543Kcl. FH MD.

*Helps promote food metabolism and the formation of red blood cells.*

**Veg Option: Spiced Tofu Stir-Fry ..... €16.50**

292Kcl. CY SY.

*Promotes healthy blood pressure.*

**Almond & Coconut Semolina Cake ..... €5**

492Kcl. TN WH MK EG

*Promotes healthy kidney function.*

Elixir: Lemon, cayenne and apple cider vinegar, cleansing and rejuvenating.

## SATURDAY

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### LUNCH

**Bean & Saffron Minestrone..... €12.50**

402Kcl. CY.

*Reduces inflammation and strengthens the immunity.*

### DINNER

**Spicy Gluten-free Bruschetta ..... €7.50**

335Kcl.

*Anti-oxidant, anti-cancer.*

**Chicken in Cashew Nut Sauce ..... €16.50**

Served with basmati rice. 873Kcl. TN MK.

*Promotes the growth and repair of muscles, and improves metabolism.*

**Nutty Spiced Courgette ..... €16.50**

With tomato, tofu and basmati rice. 600Kcl. SY PN.

*Promotes weight loss and helps to reduce cholesterol.*

Elixir: Fennel seed and parsley, improves stomach discomfort and nausea.

## SUNDAY

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### LUNCH

**Peanut, Lemon & Basmati Risotto ..... €12.50**

Served with freshly made detox drink. 881Kcl. PN CY.

*Helps burn toxins and promotes good digestion.*

### DINNER

**Chickpea & Dates in Masala Sauce ..... €16.50**

Served with naan bread. 686Kcl. MK MD.

*Promotes good heart health, improves blood sugar and insulin levels.*

**Baked Ricotta Cake..... €5.00**

446Kcl. MK EG.

*Promotes healthy bones and muscle.*

Elixir: mint and ginger to help purify blood and reduce digestive tract problems.

### ADD PROTEIN TO YOUR MEAL

Grilled chicken 220Kcl ..... €5.50

Fresh baked salmon 284Kcl ..... €7.50

Grilled sirloin steak 415Kcl..... €8.50

### ALLERGENS

Please inform staff of allergies or intolerance.

Crustaceans.....CS	Milk.....MK	Sesame.....SE
Celery.....CY	Molluscs.....MS	Soya.....SY
Eggs.....LP	Mustard.....MD	Sulphites.....SP
Fish.....FH	Peanuts.....PN	Wheat.....WH
Lupin.....LP	Tree Nuts.....TN	