

Starters & Shared Plates

MEZZE BOARD

Artichoke hearts, roasted red peppers, traditional hummus, dolmas, toasted almonds & marinated olives served with seeded pitta

Small €9 / Large €16 (V, N, G)

SOUP

Today's soup served with baker's basket
€5.95 (V,G)

BAKED CAMEMBERT

Thyme & marinated molten Cooleeney Camembert served with spiced apple chutney & pickles served with toasted sourdough
€7.95 (G,I,S)

VEGETABLE TEMPURA

Shredded seasonal organic vegetables in rice flour tempura served with tamari, mint dip and pickled ginger
€ 8.50 (V,Gf, S, F)

BROCCOLI & FETA TART

Served green salad and vegan slaw
€8.50 (G,E)

Upstairs

• AT THE CO-OP •

Mains

MOROCCAN TAGINE

with couscous or rice topped with toasted cumin seeds, almonds, chopped coriander, mint & parsley
€15 (V,G,N,)

ENCHILADAS

Mexican spiced three bean & vegetables in wholemeal wrap served with melted cheddar, guacamole, sour cream & salsa
Gluten Free = served on rice
Vegan = less sour cream & cheddar
€15 (N)

BUDDHA BOWL

Rice noodle thai salad, vegan slaw, potato salad, chickpea salad, shredded carrot & courgette topped with hummus, toasted seeds & sprouted bean shoots
€14 (V,N,GF)

VEGAN BURGER

with kimchi aioli in a sesame bun served with salad and roast baby potatoes
€15 (V,N)

Mains

TARKA DAHL

with basmati rice topped with lime, fresh coriander, spring onion & sprouted mustard seeds
€15 (V,GE,SOY,N)

PIZZA ROMANESCA

Pizza slice topped with romanesca, Cashel Blue cheese, walnuts & caramelized onions served with coleslaw & green salad
€15 (N)

VEGAN NUTROAST

served with red wine shallot & garlic gravy, roast carrot, parsnip & baby potatoes
€16 (N)

VEGGIE BURGER

with melted Knockanore cheddar, chipotle slaw, sundried tomato pesto in a brioche bun served with salad & roast baby potatoes
€15 (L,G)

Upstairs

• AT THE CO-OP •

Sides are the best part

VEGAN SLAW

€3.95 (S)

CHIPS & DIPS

€4.25 (S)

MIXED GREEN SALAD

€3.80

BABY ROAST POTATOES

€4

Are you a dessert person?

AVOCADO CHOCOLATE CAKE

Raw vegan avocado cacao cake with raspberry coulis
€7.50 (GF,V)

VEGAN APPLE CRUMBLE

served with vegan vanilla ice-cream, dairy ice-cream or whipped cream
€6.00 (G,V,N)

FUDGE BROWNIE

with vanilla ice-cream & chocolate sauce
€6.50 (GF,N)

LEGENDARY MINCE PIE

served with whipped cream
€6.00 (G,N,V)

FRANGIPAN

Mixed berry almond tart with whipped cream or vanilla ice-cream
€8.50 (S,GL,E)

So you are!

V=VEGAN

ALLERGENS

G=Gluten / S=Soya / E=Eggs / N=Nuts / M=Milk C=Celery / Mu=Mustard / Se=Sesame