

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, Se, G)

SOUP

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

BAKED CAMEMBERT

Thyme & marinated molten Cooleeney Camembert served with spiced apple chutney & pickles served with toasted sourdough

€7.95 (C,G,SD,M)

VEGETABLE TEMPURA

Shredded seasonal organic vegetables in rice & wheat flour tempura served with tamari, mint dip and pickled ginger

€ 8.50 (S, G)

MINI BUDDHA BOWL

See Mains for description
€8.00 (V,C, Mu, N, Se, S)

Upstairs

• AT THE CO-OP •

Mains

MOROCCAN TAGINE

with couscous or rice topped with toasted cumin seeds, almonds, chopped coriander, mint & parsley

€15 (V,C,G,Mu,N, S)

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 (S,M)

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, C, Mu, N, Se, S)

VEGAN BURGER

with kimchi aioli in a sesame bun
with salad & roast baby potatoes or chips

€15 (V,G, N, Se, S)

Mains

TARKA DAHL

with basmati rice topped with lime, fresh coriander, spring onion & sprouted mustard seeds

€15 (V,C, Se, S, Mu)

PIZZA ALLE VERDURE GRIGLIATE

Our homemade pizza topped with peppers, red onion, tomatoes, olives, basil, chilli. mozzarella, oregano, sun dried tomato and fresh rocket. Served with mixed green salad or vegan slaw

€15 (G,N, M)

VEGAN NUTROAST

served with red wine shallot & garlic gravy, market vegetables & baby potatoes

€16 (V,C, G,Mu,N,Se,S,P)

VEGGIE BURGER

with melted Knockanore cheddar, chipotle slaw, sundried tomato pesto in a seeded bun served with salad & roast baby potatoes or chips

€15 (M,G, N, Se, S, SD)

LENTIL & VEGETABLE LASAGNE

with garlic bread and house salad
with salad & roast baby potatoes or chips

€15 (G, M, E, Se, S)

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

€4.00

MARKET VEGETABLES

€4.00

Are you a dessert person?

AVOCADO CHOCOLATE CAKE

Raw vegan avocado cacao cake with
raspberry coulis (V,N,)

€7.50

VEGAN APPLE CRUMBLE

served with vegan vanilla ice-cream, dairy
ice-cream or whipped cream

€6.00 (V,G, N, S)

BELGIAN BROWNIE

with vanilla ice-cream & chocolate sauce

€6.50 (E, M, S)

CRÈME BRÛLÉE

Cream, egg yolks, sugar, a dash of vanilla
and a little bit of pyrotechnics. Served

with an almond thin

€6,50 (E, M, G, N)

FRANGIPAN

Mixed berry almond tart with whipped
cream or vanilla ice-cream

€8.50 (G, E, N,)

So you are!

V=VEGAN

ALLERGENS

G=Gluten / S=Soya / E=Eggs / N=Nuts / M=Milk C=Celery / Mu=Mustard / Se=Sesame/ SD= Sulphur Dioxide P=Peanut