

FROM THE GARDEN @ THE COURTYARD BAR

VEGAN & VEGETARIAN MENU

We use products produced by The Plant It Food Company

an Irish family owned food company based in Dublin. A Gold Member of Origin Green since 2023.

All of their products are made with care in Dublin where they work with local suppliers to deliver high quality, tasty products with reduced environmental impact.

STARTERS

Chef's Soup of the Day sourdough bread (1-w,6,9,12) GF+	€7.20
A Bucket of Crispy Golden Fried Mushrooms , garlic mayo, rainbow slaw (1-w,6,10,12)	€9.90
A Light Salad of cherry red & yellow tomatoes, sweet red onion, baby leaf salad & toasted sunflower seeds, beetroot & balsamic vinegar dressing (6,9,10,12) GF	€8.90/€15.00
Sweet Potato Falafel semi-dried tomato hummus, harissa bean salad & warm pitta (1-w,6,9,10,11,12)	€9.50/€16.50
Asian Spiced Sticky Plant It Strips pickled salad, toasted sesame seeds (1-w,6,9,11,12)	€11.00

MAIN DISHES

Plant It Vegan 1/4 Pounder Burger baby gem, tomato, dill pickle, mushrooms & vegan cheese with vegan burger sauce in a toasted sesame seed bun with dressed salad & a side of chips (1-w,6,9,10,11,12) GF+	€18.00
Linguine Pasta tossed with mushrooms, tomato concasse, spinach & toasted pine nuts in tomato & basil sauce (1-wheat,6,8,9,10)	€18.00
Creamy Indian Vegetable Curry rice pilau, chips, poppadum and kachumber salad (6,9,10,12)	€18.00
Grilled Plant It Steak garnished with sauté onions & mushrooms, chips & creamy pepper sauce (6,9,10,12) GF	€20.00

DESSERTS

Belgian Chocolate Moussecake , raspberry sorbet (1-w,6)	€7.95
Raspberry Frangipane Tart , vanilla ice cream, raspberry coulis (6)	€7.95
Vanilla Ice Cream & Strawberries with chocolate sauce (6,12)	€7.95



All foods are prepared in a kitchen that may contain nuts, sesame seeds or traces thereof GF = Gluten Free GF+ Can be made gluten free