



CAFÉ

OPEN DAILY 10AM-10:00PM

À la carte menu available: Wednesday to Saturday from 12PM to 7:30PM,
Sunday to Tuesday from 12PM to 5:30PM

STARTERS

Homemade Soup Special

Healthy and warming, served with our homemade brown bread
€5.50

Warm Gluten Free Bruschetta

Topped with roasted cherry tomatoes, Gouda cheese, oregano and basil
Benefits - May improve immune system, may help prevent depression.
€6.50 MK SP TN

Homemade Marinated Salmon

Served with basil mousse & garlic crostini
Benefits - may reduce inflammation, lower blood pressure and decrease risk factors for disease.
€8.50 FH MK MD SE SY SP WH

Warm Vegetable Cous Cous

Served with roasted nuts
Benefits - May help wounds heal quicker
€7.50 CY PN TN SE SY

FOOD IS MEDICINE

Chef Gaetano Pernagallo creates mouth-watering, healthy meals that nurture the body. With his Ayurvedic training and thirty years' experience, Chef Gaetano masterfully incorporates seasonal ingredients, herbs and spices to create

delicious recipes that benefit your body and help balance your systems.

MAINS

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

Cajun Chicken Fillet Burger

In a brioche bap topped with caramelized onions, Gouda cheese and yogurt dill sauce served sweet potato wedges and side salad
Benefits - Can help stabilise blood sugar levels and promotes healthy muscle growth
€13.50 CY EG MK MD PN TN SE SY WH

Tomato & Yellow Split Dal Kitchari

Served with a side of raw vegetables and homemade hummus
Benefits - Aids digestion, balancing energizing and enhancing positive mood
€12.50 CY MD

Chef Gaetano's Vegetable curry

Served with fluffy basmati rice
Benefits - May help digestion, may help Immune system
€12.00 CY MD

Other option available

- **add Chicken €13.00**
- **add King Prawns €14.00**

Poha Crusted Cod in a Curried Sauce

Served with a broccoli potato cake and side salad

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Benefits – Helps promote healthy brain and thyroid function

€15.00 CY FH MD PN TN SY

Benefits – Aids digestion, balancing energizing and enhancing positive mood

€10.50 CY PN TN

MAINS

Homemade Potato Gnocchi

Served in a smoked salmon and gorgonzola sauce topped with rocket salad

Benefits – Rich in Omega 3, may help brain functions

€12.50 CY FH MK PN TN WH

Spaghetti Aglio, Olio e Peperoncino

Served with garlic bread

Benefits – May help digestion, may help immune system

€10.50 WH

Warm King Prawn Salad

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

Benefits – A source of Omega 3, improves digestion and reduces inflammation.

€12.50 CY FH MK PN TN WH

Sicilian Style Salad

With sundried tomatoes, black olives, grilled peppers, tofu, peanuts and dehydrated orange slices

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

Allergens

SANDWICHES

All sandwiches are served with a fresh crisp side salad.

Open Prawn Sandwich

Served on our homemade brown bread with apple, coriander and lime mayonnaise

€12.00

Ham & Gouda Panini

Filled with sundried tomatoes and mayo served with side salad

€12.00

Vegan Panini

Filled with roasted peppers, sundried tomatoes black olives and coriander pesto served with side salad

€12.00

DESSERTS

Dessert of the Day €5.50
Ask your server

Beetroot Brownie €5.50
MK EG WH

Pear, Almond & Tahini Cake €5.50
MK WH



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Caramel & Honeycomb Ice-Cream Cake €5.50

MK TN PN WH

Gluten Free Fudge Cake €5.50

MK TN PN

Homemade Ice-Cream €5.50

Ask your server for flavours MK

Affogato with Hot Chocolate or Coffee €5.50

Vanilla Ice cream topped with your choice of hot drink MK