

CAFÉ MENU

STARTERS

Homemade Soup Special €5.50

Healthy and warming, served with our homemade brown bread.

Warm Gluten Free Bruschetta €6.50

Topped with roasted cherry tomatoes, Gouda cheese, oregano and basil.

MK SP TN

May improve immune system, may help prevent depression.

Homemade Marinated Salmon €8.50

Served with basil mousse & garlic crostini.
FH MK MD SE SY SP WH

Helps to reduce inflammation, lower blood pressure and decrease risk factors for disease.

Warm Vegetable Giant Couscous €7.50

Served with roasted nuts.

CY PN TN SE SY

May help wounds heal quicker.

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 €13.50

In a brioche bap topped with caramelized onions, Gouda cheese and yogurt dill sauce served sweet potato wedges and side salad.

CY EG MK MD PN TN SE SY WH

Can help stabilise blood sugar levels and promotes healthy muscle growth.

Tomato & Yellow Split Dal Kitchari €12.50

Served with a side of raw vegetables and homemade hummus.

CY MD

Aids digestion, balancing energizing and enhancing positive mood.

Chef Gaetano's Vegetable Curry €12.00

Served with fluffy basmati rice.

CY MD

May help digestion, may help Immune system.

Add Chicken €13.00

Add King Prawns €14.00

Poha Crusted Cod, Curried Sauce €15.00

Served with a broccoli potato cake and side salad.

CY FH MD PN TN S

Helps promote healthy brain and thyroid function.

OPEN DAILY 10AM - 10PM

Food Service: Monday to Saturday 12PM - 7:30PM, Sunday 12PM - 5:30PM

CAFÉ MENU

MAINS

Homemade Potato Gnocchi €12.50

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

CY FH MK PN TN WH

Rich in Omega 3, may help brain functions.

Spaghetti Aglio, Olio e Peperoncino €10.50

Served with garlic bread.

WH

May help digestion, may help immune system

Warm King Prawn Salad €12.50

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

CY FH MK PN TN WH

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

Sicilian Style Salad €10.50

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

CY PN TN

Aids digestion, balancing energizing and enhancing positive mood.

ALLERGENS

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)	

SANDWICHES

All sandwiches are served with a fresh crisp side salad.

Open Prawn Sandwich €12.00

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

Ham & Gouda Panini €12.00

Filled with sundried tomatoes and mayo served with side salad.

Vegan Panini €12.00

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

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

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

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