

## MONDAY

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### LUNCH

**Creacon's Seafood Chowder €12.50**

Served with gluten free garlic croutons.  
568 Kcl. CS CY FH MK SY

*Fish is high in protein, iodine and various vitamins and minerals as well as high in omega-3 and vitamin D.*

### DINNER

**Vine Ripened Tomato Stuffed with Courgettes & Tofu €7.50**

Served on a bed of mushrooms and coriander sauce. 203 Kcl. CY TN SE

*Courgettes promote healthy blood circulation. Tomatoes are great source of antioxidant.*

**Indian Potato & Pineapple Coconut Stew €16.50**

Served with basmati rice. 411 Kcl. TN WH

*Coconut milk improves metabolism. Pineapple is good for the immune system, bone structure and Eye health.*

Elixir: ginger, lemon and cayenne in aid of digestion.

## TUESDAY

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### LUNCH

**Warm Prawn Fresh Salad €12.50**

Served with Cucumber, Apple and Fresh Mint detox smoothie 593Kcl. CY CS FH MS.

*Fiber helps reduce cholesterol levels while preventing constipation. Such highly anti-oxidant dish would contain vitamin C, E, folic acid, lycopene, alpha and beta-carotene*

### DINNER

**French Green Beans & Tofu €7.50**

Topped with roasted cashew nuts in a garlic & ginger dressing. 320Kcl. TN PN MD

*Green beans are a good source of vitamins and minerals including folate and an antioxidant.*

**Red Bean and Vegetable Chilli €16.50**

Served with fluffy basmati rice. 363 Kcl. CY

*Chilli might help prevent rising sugar levels, promotes a healthy heart, beans would provide slow burning energy.*

Elixir: Sweetened ACV to promote healthy skin and digestive system

## WEDNESDAY

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### LUNCH

**Cashew Nuts Sweet Potato & Ginger Soup €12.50**

Served with caprese side salad and Pina Colada smoothie. 517 Kcl. TN PN

*Sweet potato may help promote healthy digestion.*

### DINNER

**Homemade Marinated Fresh Salmon €7.50**

Served with basil mousse 569 Kcl. FH MK

*Basil promotes healthy blood circulation and immune system.*

**Chick Peas Ghana Masala €15.50**

Rich in turmeric and Indian spices.

276 Kcl. TN WH

*Turmeric may help strengthens immunity.*

Elixir: raw apple cider vinegar & honey: anti-inflammatory, and reduces nausea.

## THURSDAY

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### LUNCH

**Lemon Asparagus Saffron Risotto €12.50**

Tossed with Mushrooms, served with a side salad. 514 Kcl MK WH MD

*Asparagus is a very good source of fiber, folate, vitamins A, C, E and K. Mineral in Asparagus enhances the ability control blood sugar*

### DINNER

**Warm Chickpea Soup €7.50**

Served with garlic naan bread.

351Kcl. TN SP WH

*Chickpeas rich in vitamin K and minerals an excellent source of protein and fiber.*

**Sweet Potato Tofu Macao €16.50**

Served with Basmati rice. 485Kcl. PN TN

*A warming anti-cancer dish that helps build cells and energises the body.*

Elixir: Turmeric, black pepper and ginger: reduces nausea and improves digestion.

## FRIDAY

### LUNCH

**Lemon Wakame & Fish Soup €12.50**

With creamy coconut, and crunchy potato bits. 395Kcl. CS FH MS CY

*Wakame seaweed have high content of essential vitamins and minerals. Ideal ingredient to lower cholesterol, lose weight, improve skin health.*

### DINNER

**Marinated Cucumber Zucchini €7.50**

Served with tofu in a carpaccio style. 543Kcl.

*Zucchini is high in water and fiber. It also contains significant amounts of vitamins and minerals, like potassium and manganese.*

**Steamed Salmon Fillet €17.50**

Covered with Almond & Dill sauce, with Sweet Potato cake & baby steamed Spinach. 507Kcl. FH TN PN

*Saffron may help calm nerves. Sweet potato is a great source of vitamins and antioxidants.*

Elixir: Tomato & Basil, may improve the immune system

## SATURDAY

### LUNCH

**Beetroot Borscht €12.50**

Served with Homemade Humus & Raw Vegetables. 286Kcl.CY

*Borscht is packed full of beetroot, which is a great source of vitamins. This soup might help to lower blood pressure and boost exercise performance.*

### DINNER

**Giant Couscous & Vegetables €7.50**

Served with curry sauce. 319Kcl.TN CY

*Couscous is a great source of fiber and proteins, sugar- and fat-free, good for cognitive functions and fertility, support of the cardiovascular system.*

**Chilli Chicken Saag €16.50**

Served with naan bread. 394Kcl. TN MK WH

*Chilli may help to reduce cholesterol and improve blood circulation.*

Elixir: fennel seed and parsley: improves stomach discomfort and nausea.

## SUNDAY

### LUNCH

**Roasted Cauliflower & Quinoa Soup €12.50**

Served with side salad. 392Kcl.

*Cauliflower may help digestion and detoxification. Quinoa is very high in protein, fiber, has a low glycaemic index and contains all nine amino acids.*

### DINNER

**Trio of Gluten Free Bruschetta €6.50**

With black olives, basil and tomato pesto 281Kcl. TN PN

*Tomato and black olives may prevent the formation of free radicals.*

**Prawns Stir Fry with Roasted Nuts €16.50**

Served with basmati rice. 369Kcl.

TN PN CS FH MS

*Cashew nuts are high in fat, rich in vitamin E and a good source of minerals, particularly magnesium and zinc. The ingredients of this dish may help the risk of heart disease and aid digestion.*

Elixir: mint and ginger: to help purify blood and reduce digestive tract problems.

### Add more protein to your meal:

Grilled Chicken 220Kcl **€5.50**

Fresh Baked Salmon 284Kcl **€7.50**

Grilled Sirloin Steak 415Kcl **€8.50**

## 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, Creacon-grown produce, herbs and spices to create delicious recipes that benefit your body and help balance your systems.

### ALLERGENS

Please inform staff of allergies or intolerance.

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)	