

MONDAY

LUNCH

Ginger & Garlic Spring Roll €12.50
Filled with mix vegetables and tofu. Served with banana & peanut smoothie. 568Kcl. SY PN SE
Ginger helps reduce inflammation and nausea, while garlic supports the immune system.   

DINNER

Warm Gluten Free Bruschetta €6.50
Made with cherry tomato, basil, oregano and gouda cheese. 221Kcl. MK
Tomato may prevent the formation of free radicals and support brain functions. 

Cauliflower & Yellow Split Lentil Dal €13.50
Lightly spiced and served with homemade brown bread or gluten free bread. 511 Kcl. WH
Coconut milk improves metabolism, cauliflower & lentils help aid digestion, balance energize and enhance positive mood.   

Elixir: Ginger & turmeric in aid of the immune system and energy booster.

TUESDAY

LUNCH

Wild Mushrooms and Artichoke Risotto €12.50
Served with turmeric & cumin seeds. 355Kcl.
Artichoke is rich in vitamins, helps to control cholesterol and support the cardiovascular system.   

DINNER

Giant Couscous & Vegetables €7.50
Served with curry sauce. 319Kcl. TN CY
Couscous is a great source of fibre and protein, sugar and fat-free. Helps with cognitive functions, fertility, and the cardiovascular system.  

Garlic & Ginger Chicken Stir Fry €16.50
Served with basmati rice. 394Kcl. SY
Basmati rice helps to build body tissue and garlic helps strengthen the heart.  

Elixir: Sweetened apple cider vinegar to promote healthy skin and digestive system.

WEDNESDAY

LUNCH

Rice, Spinach & Chicken Soup €12.50
Made with garlic, ginger & olive oil. 483Kcl. CY
Spinach may improve blood glucose and support iron levels.  

DINNER

Vine Ripened Tomato, Provencal Style €7.50
Dusted with gluten free breadcrumbs & herbs. 224Kcl. CY TN MY
Thyme helps alleviate coughs and tomatoes are a great source of antioxidants. 

Vegetarian Green Thai Curry €12.50
Served with fluffy basmati rice 607Kcl. CY SY
Turmeric helps to decrease inflammation.   

Elixir: Apple cider vinegar, cayenne & ginger helps reduce inflammation supports digestion.

THURSDAY

LUNCH

Baked Crepes filled with Ginger, Spinach & Ricotta Cheese €12.50
Served with beetroot salad. 544Kcl. MK MD SY
Ginger has powerful anti-inflammatory properties, aids digestion and boosts energy. 

DINNER

Carrots, Ginger & Coriander Soup €7.50
Served with homemade brown bread or gluten-free bread. 126Kcl.

Carrots are great support of vitamin K and beta-carotene as well as great antioxidant.   

Chickpea, Broccoli & Saffron Stew €16.50
Served with dried apricots, ginger, chilly & garlic. 527Kcl. WH
Chickpeas are rich in vitamin K and minerals, and an excellent source of protein and fibre.   

Elixir: Star Anise to reduce nausea, improve digestion and reduce bloating.

Add protein to your meal:

Grilled Chicken 220Kcl	€5.50
Fresh Baked Salmon 284Kcl	€7.50
Grilled Sirloin Steak 415Kcl	€8.50

FRIDAY

LUNCH

Wakame, Mussels & Prawn Bisque €12.50

Made with creamy coconut and crunchy potato bits. 567Kcl. CS FH MS

Wakame seaweed is high in essential vitamins & minerals. Ideal ingredients to lose weight, lower cholesterol and improve skin health.



DINNER

Prawns, Apple & Avocado Cocktail €7.50

Served with lime & mayonnaise sauce. 231Kcl. CS MY EG

Avocados offer a healthy fat to support cholesterol and lime helps digestion.



Fresh Ling and Asparagus en Papillote €17.50

Served in a spicy mushroom and coconut milk sauce. 368Kcl. FH TN MD

Coconut milk improves metabolism and asparagus aids digestion and helps to lower blood pressure.



Elixir: Garlic, Tomato and Basil, in aid of the immune system and to reduce cold & flu.

SATURDAY

LUNCH

Hardy Soup with Barley & Chickpeas €12.50

Served with homemade brown bread or gluten free bread. 537Kcl. CY

Chickpeas are a good source of vitamins and help to keep appetite under control, while barley offers an excellent source of fibre.



DINNER

Ratatouille au Gratin €7.50

Topped with lactose-free feta cheese. 238Kcl. TN CY MK

Courgette and aubergine support the immune system, help control blood pressure and offer a rich source of vitamins & antioxidants.



Chicken in a Cashew Nuts Sauce €16.50

served with fluffy basmati rice 487Kcl. CY

Chilli helps prevent rising sugar levels, promote heart health and provides a wonderful source of slow burning energy.



Elixir: Mint & lemon reduce stomach discomfort, nausea and improve digestion.

FOOD IS MEDICINE

Culinary artist, Chef Gaetano Pernagallo creates mouth-watering meals that nourish your health and wellbeing. With over thirty years' experience and dedicated Ayurvedic training, he masterfully creates recipes that incorporate seasonal ingredients, Creacon grown produce, and herbs and spices to delight your taste buds and benefit your spirit, mind and body.

SUNDAY

LUNCH

Vegetarian Lasagne €12.50

Filled with ricotta cheese and Mediterranean vegetables, drizzled with coriander pesto and served with a side salad. 634Kcl. CY MK WH

Vegetables support the immune system, healthy blood pressure and fuel the body with essential vitamins & antioxidants.

DINNER

Courgette, Potato & Coriander Fritters €6.50

Spiced with ginger and nutmeg. 170Kcl. EG TN SY

Nutmeg promotes restful sleep and ginger is a great immune system supporter.



Vegetable Korma €16.50

Served with homemade brown bread or gluten free bread. 435Kcl. WH

Korma offers a boost to the immune system, supports heart health, helps lower cholesterol and can help to prevent colon cancer.



Elixir: Cardamom & cinnamon help reduce inflammation and promote healthy metabolism.

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)	