



CREACON
Wellness Retreat
CAFÉ

OPEN DAILY 9:00AM to 10:00PM

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

STARTERS

Homemade Soup of the Day €5.90

Healthy and warming, served with our homemade brown bread or gluten free bread. CY WH



Homemade Vegetarian Spring Roll with Ginger & Garlic €8.50

Served on a bed of seasonal lettuce & sweet chili sauce. 314Kcl. SY PN CY MD SE



Ginger helps reduce inflammation and nausea, while garlic supports the immune system.

Warm Gluten Free Bruschetta €7.50

Made with cherry tomato, basil, oregano and Gouda cheese. 221Kcl. MK



Tomato may prevent the formation of free radicals and support brain functions.

Goat Cheese Tartlet €8.50

Served on a bed of rocket salad drizzled with Creacon's balsamic reduction. 340Kcl. MK WH

Goat Cheese contains a good proportion of high quality proteins, vitamins, calcium, and micronutrients.

Prawns, Apple & Avocado Cocktail €9.50

Served with lime & mayonnaise sauce. 231Kcl.

CS MK EG



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

MAINS

Cajun Chicken Fillet Burger €14.50

In a brioche bap topped with caramelized onions, Gouda cheese and yogurt dill sauce served sweet potato wedges and side salad. 858Kcl CY EG MK MD PN TN SE SY WH

Chicken provide a good supply of protein, vitamins, and minerals. It also aids in weight loss, regulating cholesterol & blood pressure

Homemade Vegetarian Burger €12.50

In a brioche bap topped with caramelized onions, Gouda cheese and yogurt dill sauce served sweet potato wedges and side salad 521Kcl CY EG MK MD PN TN SE SY WH

The vegetables used provide fiber and protein, easy on the digestive system, good for cardiovascular disease & constipation.

Cauliflower & Yellow Split Lentil Dal €13.50

Lightly spiced and served with naan bread.

511 Kcl. WH



Coconut milk improves metabolism, cauliflower & lentils help aid digestion, balance energize and enhance positive mood.

Vegetarian Green Thai Curry €12.50

Served with fluffy basmati rice



607Kcl. CY SY

Turmeric helps to decrease inflammation.

Other option available

- with Chicken 780Kcl €13.50
- with King Prawns 707Kcl CS €14.50

Baked Salmon Fillet in Kataify Pastry €15.50

Served with a roast baby potato cake and finished a creamy blue cheese sauce.

1750 Kcl. WH FH MK

Salmon is an excellent source of high-quality protein, vitamins and minerals

FOOD IS MEDICINE

Chef Gaetano Pernagallo creates mouth-watering, healthy meals that nurture the body. With his Ayurvedic & Vegan 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.



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MAINS

Slow Roasted Confit Duck Leg €16.50

Ina red wine and orange sauce served with baby potato cake and roasted cherry tomato 761Kcl. **CY SY MK**

Duck meat is a good source of protein, minerals and vitamin

Italian Style Spaghetti €10.50

Served with choice of light vegetarian sauces: **CY SY WH**

- Aglio, Olio & Peperoncino 339Kcl.
- Home made basil pesto 420Kcl.
- Sundried tomato, garlic & olives 368Kcl.

All pasta dishes are served with garlic bread and grated Parmesan cheese, Gluten free pasta available on request

Warm King Prawn Salad €12.50

Served with coriander, ginger, mango & lime with a tzatziki dressing served with garlic naan bread or Gluten free bread 607Kcl. **CY SY MK WH**

Prawns are a great source of Omega 3, Ma improves digestion and reduces inflammation.

Cashel Blue and Walnut Salad €11.50

With dried cranberries, granny smith apple, pears & celery 607Kcl. **CY SY**

Benefits – Aids digestion, balancing energizing and enhancing positive mood

Creacon's Vegetarian Stir Fry €12.00

Served with basmati rice.

- with Chicken 490Kcl. **SY** €13.00
- with King Prawns 394Kcl. **SY CS** €14.00

Basmati rice helps to build body tissue & garlic helps strengthen the heart.

SANDWICHES

All sandwiches are served with a fresh crisp side salad.

Open Prawn Sandwich €10.95

Served on our homemade brown bread with apple, coriander and lime mayonnaise 470Kcl **CS MK MD SE WH**

Creacon Melted Panini €10.95

Ham, Gouda, sundried tomato and mayo panini served with side salad 560Kcl **CY EG MK CYMD WH**

Vegan Panini €10.95

Filled with roasted peppers, sundried tomato, black olives and coriander pesto served with side salad 400Kcl **CY MD PN TN WH**

Kilmore Smoked Salmon Panini €12.00

Served on a crusty multi-cereal baguette filled with crème fraiche, sundried tomato, tangy ginger slices and chef's homemade fresh coriander pesto 570Kcl **CY MK MD FH WH**

Homemade desserts and ice-creams are available from the daily menu

If you have any special request, or dietary requirements please let us know we will be delighted to facilitate if possible.

Allergen ingredients

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)	