



MONDAY

LUNCH

Handmade Cannelloni & Salad €12.50

Ricotta and spinach filled, topped with white sauce and parmesan cheese.

574Kcl. WH MK EG NT

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

DINNER

Green Gazpacho Soup €6.50

Served cold with spinach avocado & lactose free yogurt. 110Kcl.

Heart friendly food as Avocados help to control blood pressure, prevent diabetes and reduce cancer risk factors.



Moroccan vegetable Tangine €16.50

Served with basmati rice. 435Kcl

Dish packed with important spices: Cumin is good for the blood pressure, Cinnamon is a good anti-inflammatory, Turmeric is a great anti-oxidant.



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

TUESDAY

LUNCH

Chicken Ramen €12.50

Includes spinach, mushrooms, eggs and rice noodles. 398Kcl. EG

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



DINNER

Saffron Rice Arancini €7.50

Served on a bed of tomato and basil pesto. 265Kcl NT

Basil is a great antibacterial herb which enhances the immune system.

Turmeric Marinated Tofu €16.50

Includes sautéed cabbage, served with pickled vegetables & herbed couscous. 435Kcl. TN MK WH

Turmeric is great source of antioxidant, beneficial to prevent heart disease, Alzheimer's and cancer. Might improve symptoms of depression and arthritis.

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

WEDNESDAY

LUNCH

Barley, Courgette & Broccoli Salad €12.50

With feta cheese, cranberry & barley. served with apple, spinach & ginger juice.

405Kcl. SY WH MK

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



DINNER

Crispy Spinach & Chickpea Falafel €7.50

Served with tzatziki dressing. 270Kcl.TN

Chia seeds are great source of fibre and vitamins, good for the cholesterol and arthritis.



Vegetarian Thai Green Curry €12.50

575Kcl. SY WH MK

Curry's components (turmeric, chili, lemongrass & lime) are a great mix to support the immune system, metabolism and blood circulation.



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

THURSDAY

LUNCH

Gluten Free Pasta Salad with Ginger €12.50

Served with herbs and homemade pesto.

498Kcl.MK MD

Ginger has powerful anti-inflammatory properties, aids digestion and boosts energy.



DINNER

Roasted Vegetable Tartlet 7.50

Drizzled with pesto and served with rocket salad, feta cheese & kalamata olives.

135Kcl. NT MK



Asparagus are rich in minerals and vitamins as well great source of antioxidant and great to detox.

Gaetano's Vegan Burger €16.50

With Caramelized onion & Sweet potato Wedges. 521Kcl. MS SY PN

Chickpeas are great for the immune system, and digestion, also to prevent inflammation and heart disease.



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





FRIDAY

LUNCH

Tandoori Prawns €12.50

Served with barley salad. 568Kcl. CS FH MS CY

Seafood is an excellent source of protein and vitamins; sea products are great help to reduce cholesterol and heart disease.



DINNER

Herb Courgette and Tofu Cake €7.50

With cherry tomato & baby leaf salad. 280Kcl. CS

Courgettes are rich in minerals & vitamins as well great source of antioxidant & great to detox.



Baked Salmon Fillet €17.50

Served with an almond & dill sauce on a bed of baby spinach & sweet potato. 628Kcl. FH TN MD

Salmon rich of omega-3, vitamin B and proteins, great help to control weight.



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

SATURDAY

LUNCH

Goat cheese & Mushrooms Risotto €12.50

Includes peas, artichoke and arborio rice. 665Kcl. TN

Nutmeg helps reduce inflammation and nausea, pumpkin is a great source of vitamins and minerals.



DINNER

Warm Gluten Free Bruschetta €7.50

Topped with cherry tomato, basil, oregano & Feta cheese. 221Kcl. MK

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



Spicy Garlic Chicken €12.50

Includes kalamata olives, served with warm naan bread. 398Kcl. CY WH TN

Garlic control blood pressure, Ginger is a good anti-inflammatory, Turmeric is a great anti-oxidant.



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

SUNDAY

LUNCH

Grilled Ginger & Cumin Chicken €12.50

Served with poached pear, roasted tomatoes and salad. 301Kcl. WH MK EG

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

DINNER

Chargrilled Aubergine Parmigiana €6.50

Topped with parmesan cheese. 220Kcl. EG TN SY SE

Aubergine are rich in fibres and antioxidants, garlic is great for the immune system, it also helps lower cholesterol and blood pressure.

Tomato & Red Lentil Dal €13.50

Served with basmati rice. 414Kcl.

Red lentils have gut-friendly fibres full of iron, protein and vitamins, helps control cholesterol & sugar levels.



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

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 and Vegan training, he masterfully creates recipes that incorporate seasonal ingredients, Creacon grown produce, and herbs and spices to delight your taste buds and your spirit, mind and body. Chef Dean and Aaron work with Gaetano to serve you healthy and delicious meals.

ALLERGENS

Please inform staff of allergies or intolerance.

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