

# WELL BEAN



OPEN DAILY 9AM to 10PM. TAKE AWAY 12PM to 8PM.  
info@creaconwellnessretreat.com 051447666

## 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 €8.50

With ginger & garlic. 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.

### New Zealand Half Shell Mussel €9.50

Made in a chilly, parsley & white wine sauce. 221Kcl. MK



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

### 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 Cocktail €9.50

Served with apple and avocado and a lime mayonnaise sauce. 231Kcl. CS MK EG

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

## 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.

## 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

Helps stabilise blood sugar levels and promotes healthy muscle growth.

### 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

Helps stabilise blood sugar levels and promotes healthy muscle growth.

### Cauliflower & Lentil Dal €13.50

Yellow split dal, 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.

add chicken 780Kcl €13.50

add king prawns 707Kcl CS €14.50

### Baked Cod Fillet with Poa Crust €15.50

Served with a roast baby potato cake and finished a creamy gorgonzola cheese sauce. 1560 Kcl. WH FH MK

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

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## MAINS

### Slow Roasted Confit Duck Leg €16.50

In a 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

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

Choice of light vegetarian sauces:   

*Aglio, olio & pepperoncino*  
339Kcl. CY SY WH.

*Home made basil pesto*  
420Kcl.

*Sundried tomato, garlic & olives*  
368Kcl.

### 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, Mango improves digestion and reduces inflammation.

### Cashel Blue and Walnut Salad €11.50

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

Aids digestion, balancing energizing and enhancing positive mood

### Vegetarian Stir Fry €12.00

Served with basmati rice.     
add chicken 780Kcl €13.00  
add king prawns 707Kcl 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

### Spicy Cajun Chicken Wrap €10.95

With onion, garlic mayo and tamari sauce accompanied by a seasonal side salad  
530Kcl CY MK MD FH WH

## DESSERTS

Homemade desserts and ice-cream are available from the daily menu.

### ALLERGENS

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

To avoid disappointment, book your table or pre-order takeaway.

