



MONDAY

LUNCH

Baked Crepes & Beetroot Salad €12.50
Ricotta, spinach and ginger filled crepes, topped with cheese sauce.
574Kcl. WH MK EG

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

DINNER

Quinoa & Aubergine Balls €6.50
Served on a bed of light curry sauce.
214Kcl. MK EG WH

Garlic is great for the immune system, lower cholesterol and blood pressure.

Coconut & Vegetable Curry €12.50
575Kcl.



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

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

TUESDAY

LUNCH

Mushrooms & Courgette Risotto €12.50
With sun dried tomato, ginger and Arborio rice.
665Kcl.



Arborio Rice stimulates the production of enzymes and hormones, restores health, support tissue replacement.

DINNER

Provençal Style Tomatoes €7.50
Stuffed with garlic & herbs gluten free bread.
265Kcl

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

Chicken Stir Fry €16.50
Tossed with garlic, ginger, fresh chili and served with basmati rice. **535Kcl.**



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

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

WEDNESDAY

LUNCH

Chicken, Potato & Tomato Soup €12.50
With coriander, garlic, mushrooms & onion, served with a fruit smoothie. **355Kcl.**



Chicken soup might help fight colds, and anti-inflammatory effect, also to ease pain symptoms.

DINNER

Mini Vegetarian Spring Roll €8.50
With ginger 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.

Chickpea Broccoli & Saffron Stew €12.50
Served with fluffy Basmati rice. **575Kcl. SE**



Chickpeas are great for the immune system, and digestion, also to prevent inflammation and heart disease Saffron may help to purify blood.

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

THURSDAY

LUNCH

Vegetarian Cous Cous €12.50
Served with Sweet Potato & Roast nuts soup.
398 Kcl. WH TN



Couscous is a great source of fibre and protein, sugar and fat-free. Helps with cognitive functions, fertility and the cardiovascular system.

DINNER

Mango & Apples Salad €7.50
With mixed nuts, drizzled honey & wholegrain Mustard. **135Kcl. NT MK PM MD**



Mustard seeds might help to reduce asthma, arthritis. Good to lower blood pressure and support cardiovascular activities.

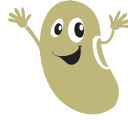
Sweet Potato & Bell Peppers stuffed with Quinoa, Sundried Tomato & Pesto €16.50

Sweet Potato & Bell Peppers stuffed with Quinoa, Sundried Tomato & Pesto. **843 Kcl. WH TN**



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

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



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

Warm King Prawns & Avocado Salad €7.50
Served with lime & mayonnaise sauce. **231Kcl. CS MY EG MS**



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

Poa Crusted Baked Salmon Fillet €17.50

Served on a Curried sauce with baked potato cake broccoli & black olives. **628Kcl. FH**



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

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

Ginger, Lime & Ricotta Quennelle €7.50
Served with baby pears and sun-dried tomato "sand", **221Kcl. MK**

Ginger helps reduce inflammation and nausea, while Lime supports the immune system & digestion.

Chilli Chicken Saag €16.50
Served with naan bread (WH). **394Kcl. TN MK**
Chilli may help to reduce cholesterol and improve blood circulation.

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

SUNDAY

LUNCH

Vegetarian Lasagna €12.50
Filled with ricotta cheese and Mediterranean vegetables, drizzled with coriander pesto and served with a side salad. **634Kcl. CY MK WH TN**

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

DINNER

Creacon's Ginger Waldorf Salad €6.50
With Apple Walnut and Celery. **180Kcl. EG TN SY SE**



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

Spiced Indian Potato & Pineapple Stew €13.50
Served with Naan Bread (WH). **314Kcl. TN**



Sweet potato have great anti-cancer property, pineapple helps build cells and prevent arthritis.

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)
Celery (CY)
Eggs (EG)
Fish (FH)
Lupin (LP)

Milk (MK)
Mollusks (MS)
Mustard (MD)
Peanuts (PN)
Tree Nuts (TN)

Sesame (SE)
Soya (SY)
Sulphites (SP)
Wheat (WH)