



MONDAY

LUNCH

Gluten Free Vegetarian Penne Carbonara €12.50

Tossed with Roasted Cauliflower & Hazelnut. 398Kcl. MK
EG NT
Cauliflower is a good source of fibre and antioxidants,
prevent cancer and clean the intestine.

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.



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

Grilled Polenta cake & Goat Cheese €6.50

With Roasted Cherry Tomato and a Balsamic Reduction
294Kcl. MK WH NT

Goat Cheese even in small amount is a source of Calcium and Phosphorus good for the bones and good metabolism.

Vegetable Korma €16.50

Served with naan 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: Sweetened apple cider vinegar to promote healthy skin and digestive system.



WEDNESDAY

LUNCH

Sweet Pea & Courgette Soup €12.50

Served alongside with a Ginger, Tamari, Walnut and Bean Salad 405Kcl. SY NT

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



DINNER

Goat Cheese Tartlet €7.50

Served on bed of Seasonal baby leaf, gluten free option available on request. 198Kcl. TN MY WH

Balsamic vinegar might reduce cholesterol, hypertension & blood sugar, also help good digestion and weight loss.



Tofu, Cauliflower & Spinach Madras Curry €12.50

Served with fluffy basmati rice 575Kcl. SY

Cauliflower are high in fiber good source of antioxidants, great aid for weight loss.



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

THURSDAY

LUNCH

Grilled Ginger & Cumin Chicken & Poached Pear €12.50

Served with Creacon's Salad and roasted tomatoes.

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, lower cholesterol and blood pressure.



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

Shrimp and Courgette Risotto €12.50


With Arborio rice and lactose free cream. 483Kcl. FH

Rice relieves constipation, reduces cholesterol, fights hypertension, prevents heart diseases & cancer.  

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. 

Baked Haddock with Tomato & Pesto Crust €17.50

Served on a bed of baby potato cake & Cherry Tomato.

628Kcl. FH TN MD

Haddock 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

King Prawns Kebab & vegetable soup €12.50

With cherry tomato & avocado salsa. 280Kcl. CS FH

Avocados is great source of vitamins, help to control blood pressure, prevent diabetes and reduce cancer risk factors.  

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.  

Spicy Garlic Chicken with Kalamata Olives €12.50

Served with warm Naan bread. 398 Kcl. CY WH TN

Dish packed with important spices: Garlic good for the 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

Red Lentil & caramelised Onion Soup €12.50

Served with homemade brown bread or gluten-free bread.




135Kcl.

Red Lentils are rich in iron and excellent source of proteins, great to reduce heart disease risks   

DINNER

Spicy Gluten Free Bruschetta €6.50

Topped with Cherry Tomato marinated in Garlic and ginger. 220Kcl.

Tomato may prevent the formation of free radicals and support brain functions; garlic offer great support to the immune system.   

Red Bean and Vegetable Chilli €16.50

Served with fluffy basmati rice. 363 Kcl. CY

Chilli might help prevent rising sugar levels, promotes a healthy heart, beans would provide slow burning energy.   

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)	