

# WELL BEAN



OPEN DAILY 9AM to 10PM. TAKE AWAY 12PM to 7:30PM.  
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 chilli sauce. 314Kcl. SY PN CY MD SE



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

### New Zealand Half Shell Mussel €10.50

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



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

### Hot & Chili Buffalo Chicken Wings Small 6 pieces 320Kcl €8.95 Large 10 pieces 530 Kcl €13.95

Served with side salad & dill Yoghurt sauce (MK).

### Mediterranean Bruschetta €8.50

Topped with basil pesto, roast cherry tomato, mozzarella cheese, oregano and side salad. 231Kcl. WTMK

## 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 €16.00

In a brioche bap topped with caramelized onions, Gouda cheese and yoghurt 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 €13.50

In a brioche bap topped with caramelized onions, Gouda cheese and yogurt dill sauce served sweet potato fries and side salad.

521Kcl CY EG MK MD PN TN SE SY WH

Helps stabilise blood sugar levels and promotes healthy muscle growth.

### Red Kidney Chilly Beans €13.50

Served with rice or naan bread with natural yogurt dip 467Kcl. CY SY

Aids digestion, balancing energizing and enhancing positive mood



### Mango chutney & Vegetable Curry €13.50

Served with fluffy basmati rice 607Kcl. CY SY

Turmeric helps to decrease inflammation.

add chicken 780Kcl €14.50

add king prawns 707Kcl CS €15.50



### Red Lentil & Tomato Dal €13.50

Red split Lentil, 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.



### Baked Salmon Fillet in a light Curry Sauce €16.95

Served with a roast potato cake, baby spinach, roasted cherry tomato. 560 Kcl. WH FH MK

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



### Egg, Tuna fish, Avocado Salad €11.50

Served with naan bread or gluten free bread drizzled with pomegranate seeds and lime dressing 435Kcl. CY SY

Dish very filling, rich in proteins and anti oxidants




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## MAINS

### Slow Roasted Confit Duck Leg €18.50

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 €10.90

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



Choice of light vegetarian sauces:  

*Garlic, chilli & extra virgin Olive Oil*  
339Kcl. CY SY WH.

*Homemade basil pesto*  
420Kcl.



*Sundried tomato, garlic & olives*  
368Kcl.

### Warm King Prawn Salad €14.50

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.

### Vegetarian Stir Fry €13.00

Served with basmati rice.    
add chicken 780Kcl €14.00  
add king prawns 707Kcl CS €15.50

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

## Meal Deals

**Pizza of your choice, potato wedges or sweet potato fries €13.00**  
Double the Deal for €25.00

**Chicken or Vegetarian Burger, potato wedges or sweet potato fries €17.00**  
Double the Deal for €32.00

## SANDWICHES

All sandwiches are served with a fresh crisp side salad.

### Prawns cocktail in Ciabatta bread €11.95

Filled with Marie Rose sauce & rocket salad, served with seasonal leaves 470Kcl CS MK MD SE WH

### Warm Focaccia bread & Parma Ham €11.95

With Tomato chutney & Brie Cheese served with side salad 560Kcl CY EG MK CYMD WH

### Vegan Ciabatta €11.95

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 €12.95

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.