



MONDAY

LUNCH

Vegetables & Tofu Tacos €13.50

Served with guacamole dip and capsicum sauce. 335Kcl

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



DINNER

French Onion Soup €6.50

Topped with cheese crouton. 110Kcl. WH MK

Onions are good source of vitamin C & B6, potassium iron, folate, and are known to provide cold and flu relief with its anti-inflammatory properties.

Potato & Vegetables Ginger Bake €16.50

Seasonal vegetables topped with creamy mash potato served with seasonal salad. 474Kcl. NT



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

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

TUESDAY

LUNCH

Vegetables & Egg Ramen €13.50

Served with rice noodles. 398Kcl. EG

Boiled Eggs are high-protein foods, Provides Choline, excellent source of vitamin D & Omega-3.



DINNER

Marinated Honeydew Melon €7.50

Marinated in lime and demerara sugar and topped with chargrilled tofu and ginger pickle. 165Kcl

Limes contain Vitamin C & antioxidants, to help reduce inflammation and even help prevent certain chronic illnesses.



Stuffed Red Peppers €15.50

Stuffed with fluffy basmati rice & mix vegetable on a bed of tomato & coriander pesto. 348Kcl.

Peppers are rich in minerals and vitamins as well as great source of antioxidant and great detox



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

WEDNESDAY

LUNCH

Summer Salad €13.50

With Barley, Courgette, Broccoli & Asparagus served with a detox drink 235Kcl

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



DINNER

Vegetarian Cous Cous €8.50

Served on a bed of Pea sauce topped with rocket salad. 198 Kcl. CY WH TN

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



Cajun Chicken Fillet €16.50

Topped with gouda cheese & caramelized onions accompanied by sweet potato wedges & salad. 405Kcl. SY WH MK

Cajun spices help to stabilize blood Sugar levels and to promote healthy muscle growth

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

THURSDAY

LUNCH

Gluten Free Vegetarian Pasta Bake €13.50

Served with a seasonal side salad and drizzled with basil & Garlic pesto. 398Kcl. MK EG

Basil & Garlic pesto may reduce your risk of heart disease, diabetes, and cancer.



DINNER

Chargrilled Halloumi Cheese Kebab €7.50

Served on a fennel and white beans salad. 135Kcl. CY

Fennel is great for the immune system, and digestion, also to prevent inflammation and heart disease.



Cauliflower & Tofu Madras Curry €16.50

Served with basmati rice. 435Kcl

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



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





FRIDAY

LUNCH

King Prawns Poke Bowl €13.50

Served on a bed of sushi rice. 268Kcl. CS FH SY

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



DINNER

Traditional Caprese Salad €7.50

Topped with calamata olives & oregano. 180 Kcl. MK

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



Honey Mustard Baked Salmon Fillet €17.50

Topped with ginger flakes on a bed of yellow lentils stew 528Kcl. FH 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

Wexford Strawberry Risotto €13.50

Topped with goat cheese and pickled ginger 465Kcl. MK

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



DINNER

Stuffed portobello Mushrooms €7.50

Stuffed with spinach, sun dried tomato & Ginger Topped with Parmesan cheese & pesto sauce. 221Kcl. MK

Ginger helps reduce inflammation and nausea, good for the immune system and beneficial to the digestive system.



Maple-Mustard Roasted Chicken €16.50

Served with Courgette, Sweet Potato & Broccoli Cake & Naan Bread (WH MK) 665Kcl. TN

Maple syrup is a natural sweetener, promote heart health, low cholesterol and antioxidant.



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

SUNDAY

LUNCH

Kilmore Quay Seafood Chowder €13.50

With gluten free croutons. 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

Honey Roasted Beetroot €7.50

Served with ricotta cheese quenelle & tomato confit 220Kcl.

Beetroots are rich in folate and antioxidants, great to lower cholesterol and blood pressure.



Indian Vegetable Casserole €16.50

Served with Naan Bread. 414Kcl.

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: 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, Dimitri and Danielle 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)	