



MONDAY

LUNCH

Spiced Carrot, Coriander Soup €5.95
Served with mixed nut & green salad.
Avocados are a great source of vitamins, omega-3 fatty acids, and nuts provide a great source of protein and good fats.
CY SP TN PN

DINNER

Goats Cheese Parfait €7.95
Served on crostini & pickled beetroot.
Goats Cheese is a good source of selenium and beetroot reduces swelling & cholesterol. PN LP TN MK EG MD

Spiced Indian Pineapple & Potato Stew €14.95
Served with turmeric infused rice.
Turmeric is rich in phytonutrients that may protect the body by neutralising free radicals and shielding the cells from damage.
LP SP MD PN

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

TUESDAY

LUNCH

Mixed Vegetables & Tofu Kebabs €13.50
Served on a bed of barley.
Compounds in tofu appear to protect against illness such as heart disease. Barley reduces cholesterol and blood glucose levels. SP LP SE SY CY

DINNER

Vegan Bruschetta €8.95
Served on gluten free bread, topped with sun-dried tomatoes, garlic, basil pesto, olives & crispy onions.
Basil & garlic may reduce your risk of heart disease & diabetes.
MD PN SE SY SP

Vegan Chilli Con Carne €14.95
Served with Basmati Rice.
High in Fibre, protein, vitamins, and minerals.
TN SE LP CY MD

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

WEDNESDAY

LUNCH

Creacon's Signature Seafood Chowder €12.95
Tomato & coconut milk based and topped with gluten free croutons.
Seafood is an excellent source of protein and vitamins, sea products are great help to reduce cholesterol and heart disease.
FH SP MD TN PN

DINNER

Tandoori Chicken Skewers €9.95
Served on a bed of salsa & rocket salad.
Couscous is a great source of fibre and protein, sugar and fat-free.
Helps with cognitive functions, fertility, and the cardiovascular system. PN TW LP SY SE

Spiced Red Lentil Dahl €13.95
Served with basmati rice.
Spices help to stabilise blood Sugar levels and to promote healthy muscle growth. SE LP CY SE SY PN

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

THURSDAY

LUNCH

Butternut Squash & Red Lentil Stew €14.95
Served with Naan Bread.
Butternut Squash is rich in Vit. A & Vit. C and Red Lentils provide Vit. B are are a great source of prtein.
SE LP CY SE SY PN

DINNER

Cilantro & Chillie Tofu Bean Salad €9.95
Marinated tofu in coriander and chili.
Chillie boasts high amount of Vit C. and antioxidants. Compounds in tofu appear to protect against illness such as heart disease. SY PN TN SP CY

Vegan Bolognese €14.95
Minced vegetables in a tomato base sauce with vegan pasta.

Mushrooms are a source of Vit D and support a healthy immune system. LP CY MD SE SY

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



Cod is high in protein, Omega-3 fatty acids and Vitamin B12.
WH SP SY MD MK FH

FRIDAY

LUNCH

Pan-seared Tuna Steak €14.95
Served with ginger and sesame seed noodle stir fry.
Tuna is a great source of Omega-3 and high in protein. FH TN
CY PN SY SE

DINNER

Spinach & Ricotta Tartlet €8.95
On a bed of rocket salad.
Spinach reduces blood sugar and aids in bone health. EG MK
SY SP WH

Wild Mushroom Risotto €14.95
Cooked in coconut cream
Mushrooms are a source of Vit D and support a healthy immune system. SE SY SP MD CP MK

Elixir: Garlic, Tomato and Basil, in aid of the immune system and to reduce cold & flu.

SATURDAY

LUNCH

Moroccan Sweet Potato & Apricot Tagine €14.95
Served with rice & naan bread.
Sweet Potatoes are high in fibre & antioxidants. Apricots are rich in Vitamins A, C & E. SE SY SP PN TN LP CY MS

DINNER

Spinach & Mushroom Arancini €8.95
With tomato & basil sauce.
Spinach & Mushrooms are both rich in Vitamin K, & Carotene.
Spinach also reduces blood sugar and aids in bone health.
SE SY SP MD CP MK

Baked Fillet of Cod €16.95
Baked in sundried tomato & garlic crumb. Served with potato cake & steamed vegetables.

SUNDAY

LUNCH

Vegetarian Katsu Noodle Soup €12.95
Ramen inspired soup.
Good source of B vitamins with boosting the immune system.
TN SE WH SP PH

DINNER

Roasted Parsnip & Garlic Soup €5.95
Served with home made brown bread or gluten-free bread.
Parsnip is high in fibre and also helps to regulate blood cholesterol.
LP SP

Cashew Nut Chicken Curry €16.95
Served with basmati rice.
Cashew nuts are low in sugar, rich in fibre, heart-healthy fats and plant protein. LP TN PN SY SE SP

Elixir: Cardamom and cinnamon help reduce inflammation and promote healthy metabolism.

FOOD IS MEDICINE

Culinary artist, Head Chef Dean Kennedy creates mouth-watering meals that nourish your health and wellbeing. As a professional athlete Dean has extensive knowledge within this field. The dedicated culinary team masterfully create recipes that incorporate seasonal ingredients and herbs and spices to delight your taste buds and your spirit, mind and body.

ALLERGENS

Please inform staff of allergies or intolerances that you may have.

Crustaceans (CS)	Mustard (MD)
Celery (CY)	Peanuts (PN)
Eggs (EG)	Tree Nuts (TN)
Fish (FH)	Sesame (SE)
Lupin (LP)	Soya (SY)
Milk (MK)	Sulphites (SP)
Mollusks (MS)	Wheat (WH)