BREAKFAST

Breakfast is served between 10.00hrs and 12.00hrs
A supplement of €4.00 per person will be charged to in house guests who are on BB, HB and AI board basis.

Chia and flax seed pudding, kiwi, coconut flakes, prunes, toasted almonds (Vegan/N/NG	€7.50
Banana split, Greek yoghurt, grain free granola, strawberries, sunflower seeds (V/N/NG)	€8.50
Eggs Benedict, Parma Ham, sliced tomatoes, ice-berg lettuce, toasted English muffin, chive hollandaise sauce (P/E/D)	€9.50
Scrambled tofu, grilled tomatoes, brown mushrooms, spinach, whole meal toast (Vegan)	€10.50
English breakfast, pork sausages, bacon rashers, hash browns, pan-seared mushrooms, grilled tomatoes, fried eggs, baked beans, white toast (P/E/D)	€10.50

SALADS

Roasted rainbow winter bowl, wild rice (Vegan/NG)	€9.50
Kale and chickpea salad, lemon tahini dressing (Vegan/SS)	€9.95
Spinach power salad, tuna in olive oil, farro, feta cheese (F/D)	€10.50
Chicken shawarma salad, turmeric quinoa, minted cucumber salsa (NG)	€10.50
Tofu poke bowl, sesame and soy dressing (S/SS)	€10.75

SOUPS

Creamy roasted butternut squash soup, toasted pepitas, cumin oil (Vegan/S/NG)	€5.50
Kale, white bean and farro soup, toasted ciabatta bread (Vegan)	€7.50
Chicken and sweet corn soup, egg ribbons (E/SS/NG)	€7.50
Vegetable ramen, soft boiled egg, buckwheat noodles (V/E/S/SS)	€9.50

All food items are included in the AI entitlement except for Breakfast

PASTA

Choose from Spaghetti, Farfalle, Penne or Whole meal Rigatoni

Mediterranean vegetables, black olives, cherry tomatoes, fresh basil (Vegan/NG)	€9.25
Mushroom and lentil Bolognese, home-made hemp cheese (Vegan/NG)	€9.50
Creamy pumpkin velouté, toasted almonds, fried sage (Vegan/S/N/NG)	€9.50
Meat balls, chunky tomato sauce, fresh basil (P)	€9.75
Pancetta, parmesan cheese, eggs and cream (P/D/E/NG)	€9.75

HOT SNACKS

Lentil and carrot curry bowl, steamed broccoli, cilantro, basmati rice (Vegan/NG)	€9.50
Grilled Mediterranean vegetables, roasted grape tomatoes, fresh basil, turmeric quinoa (Vegan/NG)	€9.75
Chicken fajita, grilled bell peppers, guacamole sauce, chips	€10.50
Pork sausages, creamy mash potatoes, onion gravy, sweet garden peas (P/D)	€10.50
Sweet and sour pork stew, stir fried egg noodles, caramelised pineapple (P/D/E/S/SS)	€11.50
Chicken Gumbo, home-made pork sausage, rice (P/NG)	€11.50
Sesame ginger beef strips, zucchini noodles, grilled flat bread (S/SS)	€11.50
Roasted stuffed peppers, cheesy beef stuffing, chunky tomato sauce, chips (D/E)	€12.50

KIDS

Pork sausages and chips (P)	€6.50
Chicken wrap and chips (ANG)	€6.50
Spaghetti with tomato sauce (Vegan/ANG)	€6.50
Garden veggies and mash potatoes (V/D/NG)	€6.50
Bambino pizza, tomato sauce, mozzarella (V/D/ANG)	€6.50

All food items are included in the AI entitlement

PIZZA

Pizza is served from 12.00 hrs

Margerita - Tomato sauce, mozzarella (V/D/ANG)	€8.50
Funghi - Tomato sauce, mozzarella, mushrooms (V/D/ANG)	€9.50
Tonno - Tomato sauce, mozzarella, tuna, olives, onions, basil oil (F/D/ANG)	€9.50
Campagnola - Sweet potato hummus, broccoli, mushrooms, grilled zucchini, seared kale, toasted sunflower seeds (Vegan/SS/ANG)	€9.75
Rustica - Mozzarella, cherry tomatoes, capers, olives, anchovies, rucola leaves (F/D/ANG)	€9.75
Salsiccia - Tomato sauce, mozzarella, salami, pepperoni sausage, onions, BBQ sauce (P/D)	€10.50
Quattro Stagioni - Tomato sauce, mozzarella, mushrooms, salami, peas, eggs, black olives (P/E/D/ANG)	€10.50
Pollo - Mozzarella, chicken pieces, bacon, peas, eggs, cherry tomatoes (P/E/D/ANG)	€10.50
Agro Dolce - Mozzarella, crispy pork bites, spring onions, caramelised pineapple, coloured bell peppers, peas, fresh coriander, sweet and sour sauce (P/D/F)	€10.75
Capricciosa - Tomato sauce, mozzarella, mushrooms, ham, eggs, artichoke hearts, black olives (P/E/D/ANG)	€10.75
Miele e Formaggio - Mozzarella, blue cheese, provolone, local honey, sesame seeds (V/D/SS/ANG)	€10.75

DESSERT

Please check with our staff for the selection of the day €3.75

Fresh fruit salad (Vegan/NG) €3.50

Special Dietary Requirements?
Please let us know.

NG-No Gluten Ingredients, ANG - Available with No Gluten Ingredients, N-Contains Nuts,
P-Contains Pork, D – Contains Dairy, SS – Contains Sesame Seeds
F – Contains Fish, SF – Contains Shell Fish, E – Contains Eggs
Vegan – Contains no animal products, V-Vegetarian, S – Contains Soy

All food items are included in the AI entitlement

The Sunset PUB
DINING & CRAFT BEER