



Lunch and early flavour and nutrition menu



RUSTICSTONE
by dylan mcgrath

This menu is based on two people sharing.

3 COURSE PLUS COFFEE €25 PER PERSON

THE KEY TO HEALTHY EATING

LF Low Saturated Fat
 WF Wheat Free
 GF Gluten Free
 DF Dairy Free
 V Vegetarian
 S Super Food
 SF Sugar Free
 CN Contains Nuts

FLAVOUR AND NUTRITION SHARING MENU

CHOOSE A STARTER

BREADS 'N' DIPS

Rustic selection of organic, sour and crunchy breads with my very own cumin scented hummus and baba ganoush bound with hazelnut oil. I hope you like this marriage, butter it if you want to. *All of our bread has been organically certified.*

CN

LUSCIOUS LIME

Floppy lettuce, baby gem leaves, watercress, torn iceberg, cucumber, pickled ginger, shaved mouli, slices of mango, coriander and watermelon dressed in lime roasted coconut, dill seed and lime. *A refreshing salad packed nutritious fibre.*

LF WF GF DF V S

RUSTIC STONE CHICKEN WINGS

The city's favourite, the owl chicken wing. Here I've done 'em in some sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic chips, red sprouts and coriander. *I can't say the wings are low fat, so I have tried to lighten the load with a superfood, but I can say they are freerange.*

DF S

MIXED RAW SELECTION

Tuna and Sweet Pickled Peppers, Carpaccio of Salted Beef with Celeriac, Horseradish and Capers, Raw Chicory with Crunchy Carrots and Carrot Quinoa and a Raw Shot.

LF WF GF DF S CN

TEMPURA OF SALMON WITH CRUNCHY BROCCOLI, MINT AND CUCUMBER

Native fish wrapped in nori seaweed cooked in rice bran oil brought together with crunchy vegetables and yoghurt. *High in protein and low in calories. Rice bran oil is one of the healthiest oils in the world. Seaweed is packed with essential minerals and nutrients.... it will give you a natural energy boost.*

LF WF GF S

PENNE PESTO

Good old fashioned chunky basil pesto with marinated tomatoes and roughly chopped great black olives with pine nuts and parmesan.

LF V S CN

CHOOSE A MAIN

ON THE STONE TO SHARE FOR 2

SELECTION OF MEAT TO SHARE

Three pieces of different cuts of Irish beef rendered as you like on the stone with a different topping to suit each cut.

CN

SUPERFOOD SALAD

Smoked haddock poached in soya milk with rocket, shaved fennel, watercress, wild leaves, broccoli, avocado, quinoa, cucumber, peas, broad beans and alfalfa sprouts. Simply bound in a little olive oil with a squeeze of lemon.

The most powerful nutrient dense salad - no bad fats!

LF WF GF DF S

RUSTIC CHICKEN SALAD

Poached Free Range Chicken slices with Pickled Mushrooms, blanched asparagus long stem baby artichokes with brocoli slices bulgar wheat watercress tarragon parsley wild rocket and little truffle oil.

LF DF S

TUNA WITH CORIANDER, DILL, BASIL AND ROCKET WITH A HINT OF ORANGE AND CONFIT GINGER

Eat it quick if you like sushi or take it slow and let the fragrance and herbs infuse with the fish.

LF WF GF DF S CN

BABY MACARONI

Cooked in garlic cream with flaked chicken wing meat, parma ham and parsley bread crumbs and little grape mustard on crutes.

A good meaty pasta full of protein and flavour.

SERVED WITH A CHOICE OF ONE

PESTO CHIPS WITH GARLIC, TOMATO AND PARMESAN

Funky flavour to jazz them up.

WF GF V CN

GREEN RELISH WITH PEAS, BROAD BEANS AND SPRING ONIONS

My favourite vegetables made into a purée. Keeps you fuller for longer.

LF WF GF DF V S

BEAN SALAD WITH HERBS AND HEALTHY SHOOTS

All the goodness of 8 different beans and shoots bound in olive oil and herbs.

LF WF GF DF V

BABY GEMS WITH BROAD BEANS HERBS GRATED CARROT

Wilted baby gem lettuce with chopped broad beans herbs and new season carrots

LF WF GF DF V S

CHOOSE A DESSERT

CHOCOLATE SOUP WITH CHOCOLATE MOUSSE

I've made a wonderful chocolate soup and mousse, but the best part of it is that it is completely sugar free, and finished with some roasted grated hazelnut.

WF GF V SF CN

BRULÉE PAN D'EPICE

A spiced baked low fat custard with ginger bread crumbs and pear sorbet.

LF V S CN

MIXED BERRIES SALAD

Mixed berries with dried strawberry meringues, mango and cinnamon lhasi.

LF WF GF V S SF

TEA OR COFFEE





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