



RUSTIC RAW

a new original lunch experience now available at Rustic Stone Restaurant.



RUSTICSTONE
by dylan mcgrath

17 South Great Georges Street / 01 707 9596

Find us on Facebook - www.facebook.com/rusticstone.ie. Follow us on twitter. www.rusticstone.ie



RUSTIC RAW

Our Raw menu is a simple concept of applying less heat to food, this allows the ingredients in their purest form to dominate the flavour, Raw to revitalise.... served in an accessible rustic style.... where flavour and affordability for everyone is our primary goal....



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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

RAW DISHES

	SMALL	BIG
TUNA AND SWEET PICKLED PEPPERS	3	6

Fresh tartar of tuna, bound in a light avocado puree with herbs packed into baby red pickled peppers.

If you like protein and good fat you will love this omega 3 bit. LF WF GF DF S

SEASONAL MELON CUBES WITH GINGER, BASIL AND CUCUMBER	3	6
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Freshness stacked together and sprinkled with a little sesame powder. *Melon's high water content cleanses and rehydrates the body. Ginger has anti-inflammatory properties and boosts blood circulation.*

LF WF GF DF V S

CHILLED MARINATED PRAWN WITH AVOCADO AND CUCUMBER	5	10
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Slices of fresh prawns marinated in orange with cucumber, green grapes, avocado, ginger and soya toffee.

Rich in immunity-boosting nutrients and zinc. LF S

MONKFISH CURED IN BEETROOT WITH CUCUMBER DILL AND AVOCADO	5	10
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Thin slices of monkfish with grated beetroot and a little avocado. *This fish is an excellent source of selenium, important for strengthening our immune system and helping us look younger and feel better.*

LF WF GF DF S

CITRUS CURED SALMON	4	8
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Native cured salmon with a little lemon puree. *This brain food helps keep the memory working well and counteracts many of the effects of ageing.*

LF WF GF DF S

DUCK WITH CELERY, ORANGE AND GREEN OLIVES	4	8
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Duck is lightly poached to keep it light pink. We have removed the fat to take away the calories.

This high protein bird is a powerhouse of nutrients. Celery takes more calories to eat and digest than it actually contains and keeps the energy levels up, while olives calm and soothes the skin. LF WF GF DF S

MANGO SLICES WITH CORIANDER CRAB MEAT AND RADISH	5	10
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Thin slices of mango crushed radish and a little crab meat.

Eating mangos improves skin and hair condition. LF WF DF S

CARPACCIO OF SALTED BEEF WITH CELERIAC, HORSERADISH AND CAPERS	4	8
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Thin slices of beef sandwiched with a low fat celeriac puree, with capers and parsley.

Beef contains high levels of iron and B-vitamins preventing fatigue and memory loss. WF GF DF S

SUSHI-STYLE TUNA WITH GINGER COUSCOUS, TOFU AND LIME	5	10
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Sweet ginger and herb couscous packed into fried tofu, topped with raw tuna and lime. *A very satisfying dish packed with essential fatty acids, important for burning fat and reducing inflammation.*

LF DF S

THIN SLICES OF HEIRLOOM TOMATO WITH CRUNCHY COURGETTE AND BLACK OLIVE OIL	5	10
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This old marriage of flavours always tastes great raw. *These hydrating tomatoes are low on the glycaemic index and have a low calorie count perfect for dieters.*

LF WF GF DF V S

RAW CHICORY WITH CRUNCHY CARROTS AND CARROT QUINOA	4	8
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Quinoa is a complete protein and high energy grain, a wise choice for coeliacs and vegetarians.

LF WF GF DF V S

All of the above dishes are served with quinoa, fresh herbs and shoots, beans and pea salad.

RANGE OF DELICIOUS HEALTHY SHAKES MADE FROM NATURAL VEGETABLE JUICE

5 euros each or a shot of each for 6 euros

FENNEL AND LEMON – <i>Digestion & Detox.</i>	5
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BEETROOT AND APPLE – <i>Liver Cleanse & Anti-ageing.</i>	5
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CARROT, ORANGE AND SWEET GINGER – <i>Rejuvenator: Clear eyes & skin.</i>	5
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POACHED HOT CINNAMON AND APPLE JUICE – <i>Reduces sugar cravings!</i>	5
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SWEET RAW FRUIT	5
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Pineapple infused with rosemary, raw banana and passion fruit sorbet. LF WF GF DF V S SF

MIXED BERRIES SALAD	6
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Mixed berries with dried strawberry meringues, mango and cinnamon lhassi. LF WF GF V S SF

OUR VEGAN DESSERT	7
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Oat cookie with chocolate and avocado pudding, passion fruit sauce and fresh kiwi. LF DF V S

DESSERTS

