



VEGAN MENU

Shannigans Gastro Pub

STARTERS

Superfood Salad Bowl

Feta, Avocado, Tomatoes, Organic Quinoa, Pomegranate, Cucumber, Olives, Baby Spinach Shallot & Lemon Dressing, Crispy Garlic Flute (1)

€12.50

Falafel's, Mini Vegetable Spring Rolls

Crudities, Organic Quinoa, Kale and Walnut Pesto (1.8)

€12.50

Vegetable & Garden Leek Soup (9)

€6.50

MAINS

Chickpea & Feta Club Burger

Beef Tomato, Baby Gem, Chipotle Mayo, Brioche Bun, Skin On Fries (1)

€20.00

Stone Baked 12" Pizza

Roast Vegetable, Sundried Tomato, Olive & Rocket (1)

€18.00

Carrot, Courgette and Wild Mushroom Risotto

Rainbow Chard, Basil Pesto, White Truffle Oil & Vegan Cheddar (8)

€20.00

Dahl Indian Vegetable Curry

Chickpeas, Lentils, Cauliflower, Steamed Basmati Rice & Coriander, Naan Bread & Poppadum (1)

€20.00

Chilli & Ginger Stir-Fried Vegetable Noodle Bowl

with Soy & Spring Onions (1.6)

€20.00

DESSERTS

Chocolate & Coconut Tart

Fruit Salad Brunoise, Mango Sorbet (8)

€7.00

Warm Valrhona Chocolate Fondant

Vanilla Ice-Cream (1.6)

€8.00

Allergen Information

1. Gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanut 6. Soybeans 7. Milk
8. Nuts 9. Celery 10. Mustard 11. Sesame Seeds
12. Sulphur Dioxide 13. Lupin 14. Molluscs

GF: We can adapt some dishes for Coeliac
Gluten Free Bread is also available