

VEGETARIAN MENU

THE
BALLYMORE
INN

Starters

Chinese Pear & Spiced Pecan Salad with Cashel Blue Dressing <i>Allergen: 7, 8, 10, 11</i>	€ 11.00
Hummous with Salad Leaves, Pickled Cucumber, Kimchi, Pomegranate & Warm Flat Bread <i>Allergen: 1, 4, 10, 11</i>	€ 12.10
Avocado & Orange Salad with Spiced Pecans & Basil Oil <i>Allergen: 8, 10, 11</i>	€ 13.30
Vegetable Tempura with Rocket Salad & Aioli <i>Allergen: 1, 3, 10</i>	€ 13.95
Pizza - see a-la-carte menu for vegetarian pizza No: 1, 4 & 5	

Mains

Fresh Herb Falafel with Shredded Cabbage Salad & Green Tahini Dressing <i>Allergen: 1, 10, 11</i>	€ 17.15
Thai Green Vegetable Curry with Peanuts, Rice & Naan Bread <i>Allergen: 1, 5, 8</i>	€ 17.75
Italian Baked Vegetables with Parmesan Crust & Garlic Flat Bread <i>Allergen: 1, 7</i>	€ 17.75
Chinese Vegetable Stirfry with Black Bean Sauce, Cashew Nuts & Basmati Rice <i>Allergen: 6, 8</i>	€ 17.75
Chilli Paneer with Stirfry Vegetables, Lime Dressing & Stir fry Noodles <i>Allergen: 1, 3, 6</i>	€ 17.75
Stuffed Peppers with Tomatoes, Macroom Buffalo Mozzarella & Basil Oil <i>Allergen: 7, 10</i>	€ 17.75
Saffron Risotto with Ballyhoura Wild Mushrooms <i>Allergen: 7</i>	€ 21.45

Mains includes a side order of Homemade Fries, Basmati Rice, Champ, Sauté Potatoes, Stirfry Vegetables or Side Salad.

Allergen: 7, 10

DESSERTS

Tart of the day with cream/ice cream	1, 3, 7, 8	€ 7.95
Chocolate panna cotta with oranges & caramel	3, 7	€ 7.95
Lime posset with blackberry compote	3, 7	€ 7.95
Seasonal fruit bowl with praline ice cream & butterscotch sauce	3, 7, 8	€ 7.95
Flourless chocolate cake	3, 7	€ 7.95
Pistachio ma caroon meringue with fresh fruit & passion fruit syrup	3, 7, 8	€ 7.95
Warm chocolate brownie with vanilla ice cream	1, 3, 7	€ 7.95
Home-made chocolate, praline & vanilla ice cream with cookie	1, 3, 7, 8	€ 7.95
Hot chocolate pudding with salted caramel +15 mins	1, 3, 7, 8	€ 8.25
Plate of home-made biscuits	1, 3, 5, 7, 8	€ 4.25
Coffee with a homemade florentine , flapjack, shortbread or gluten free chocolate, date & goji berry bar	1, 3, 5, 7, 8, 11	€ 5.35

Allergens:

1 Cereals, gluten.	8 Nuts
2 Crustaceans.	9 Celery
3 Eggs.	10 Mustard
4 Fish.	11 Sesame
5 Peanuts.	12 Sulphur Dioxide/Sulphites
6 Soy Beans	13 Lupin
7 Milk/Cream	14 Molluscs