

Bowl Foods

Ginger and lime chicken with sweet potato mash (GF) (S) €8.95pp

Chicken, lime leaf, lemongrass and mango curry with jasmine rice (GF) (S) (Ses) (F) £8.95pp

Indonesian beef rending with basmati rice (GF) (S) (Ses) (F) $\pounds 9.95$ pp

Thai Massaman beef curry with basmati rice (GF) (S) (Ses) (F) £9.95pp

Sweet and smoky Moroccan chicken with couscous (Nuts) (W) (or with lamb) €8.95pp

> Goan fish curry with cumin rice (GF) (F) €11.95pp

Persian lamb biryani with pilaf rice (GF) (Nuts) €11.95pp

Keralan vegetable curry with pilaf rice (GF) (V) €7.95pp

Aubergine, squash and chickpea curry with pilau rice (V) (Nuts) €7.95pp

Beef bourguignon with creamy mashed parsley potatoes (M) (W) €9.95pp

GF=Gluten-free V=Vegan VEG=Vegetarian Allergens: M-Milk S-Soy Ses-Sesame Sulph-Sulphites W-Wheat F-Fish E-Egg C-Celery Mus-Mustard Nuts



Pot-roasted chicken with garlic, white wine and porcini risotto (GF) (Sulph) €8.95pp

Penang Beef curry with jasmine rice (GF) (S) (F) €9.95pp

Slow-cooked beef-rib ragu with fettucine (W) (Sulph) €10.95pp

Beef and Oregano Lasagne with a crisp green salad (W) (M) (Sulph) €7.95pp

Beef and Guinness stew with creamy champ (M) (W) €8.95pp

Chicken, porcini and white wine fricassee with rice (Sulph) (W) (M) €9.95pp

Fishcakes served with homemade tartare sauce and Kitchenetta cucumber pickle (F) (M) (W) €8.95pp

Aubergine mellanzana alla parmigiana with a crisp green salad (VEG) (M) (W) €^{8.}95pp

Black bean, kale and squash laksa with jasmine rice (V) (GF) €7.95pp

GF=Gluten-free V=Vegan VEG=Vegetarian Allergens: M-Milk S-Soy Ses-Sesame Sulph-Sulphites W-Wheat F-Fish E-Egg C-Celery Mus-Mustard Nuts