

MARKET LANE

DAIRY FREE DINNER MENU

STARTERS

- Marinated olives €4.10 / Toasted spiced nuts €4.10/ Bread with dips €5.10/€7.90
- Today's soup with dairy free bread €6.60
- Glenbeigh Mussels, Coconut, lemongrass and chilli cream €9.30
- Ballyhack beech smoked salmon, house pickles, seaweed bread €9.90

SALADS

- Miso glazed chicken, cashew nuts, ginger, green beans, scallions and local leaves €13
- Crispy torn ham hock, red sauerkraut, new potatoes, boiled egg little gems, apple & fennel dressing €13.50
- ***ALL our salads are available with crispy tofu as a vegan alternative***

MAIN COURSES

- Roast marinated chicken breast with steamed vegetables, chunky chips* or sautéed potatoes and gravy (without stuffing or butter) €16.70
- Or with roast sweet potatoes, giant cous cous, chickpeas, tomato, mint and feta (sheep and goats milk – available without), (no yoghurt) €16.70
- Pan fried monkfish, Basque tomato and haricot stew, crispy calamari*, salsa Mari €25.50
- Pan roast hake with sautéed potatoes and sprouting broccoli (No hazelnut butter) €19.70
- Gamekeeper's stew of venison, boar, pheasant and ox cheek, sautéed potatoes, sprouts and bacon €20.30
- (ve) Manchurian spiced cauliflower & potato, kale tofu and tahini flan, roasted cashew nuts €17.60
- (v) Beetroot, walnut and feta cakes (sheep's cheese), fondant sweet potato, carrot hummus, pickled apple and watercress €16.10
- Sirloin Steak, 10oz, with home cut chips*, sautéed mushrooms and red wine and herb gravy €25
- Fillet Steak, 8oz, with home cut chips*, sautéed mushrooms and red wine and herb gravy €28.60

SIDE DISHES

- Chunky hand-cut chips* €4.10 with celery salt and smoked garlic aioli €4.60
- Market Lane side salad €4.70
- Sweet potato wedges with smoked paprika €4.70
- Steamed greens €4.20
- Sautéed potatoes €3.70
- Steamed root vegetables €4.10
- Giant cous cous, chickpeas, tomato, feta (sheep and goats milk), red onion, mint and parsley (no tzatziki) €4.70

DESSERT

- Mango sorbet with pineapple and mango, toasted coconut and pomegranate (no curd) €7.20

Our kitchen is not a dairy free environment, if your allergy is severe, please be aware that we cannot guarantee that our dishes will be free from slight traces, as allergens may be airborne.

***PLEASE NOTE THAT THE ITEMS INDICATED WITH A * ARE COOKED IN A FRYER THAT HAS ALSO COOKED ITEMS THAT CONTAIN MILK, ALTERNATIVES ARE AVAILABLE. ROAST SWEET POTATO WEDGES ARE AVAILABLE INSTEAD OF CHIPS**

5/ 6 OLIVER PLUNKETT STREET CORK

OPENING TIMES: 12-LATE 6 DAYS. SUNDAYS 1PM-9:30PM. BOOKINGS TAKEN FOR PARTIES OF 6 OR MORE.

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MARKET LANE

VEGAN DINNER MENU

STARTER

Today's soup with sourdough baguette €6.60

Fondant sweet potato and quinoa salad, sugar snaps, hazelnut dukkah, beetroot puree, carrot hummus, sourdough croutons and lemon & poppy seed dressing €7.80

Crispy Tofu with sambal roast cauliflower and kimchi salad €8.30

MAIN COURSES

Manchurian spiced cauliflower & potato, kale, tofu and tahini flan, roasted cashew nuts €17.60

Spiced bean, sweet potato and chickpea stew, sautéed Portobello mushrooms, brown basmati rice €16.70

Spinach and chickpea falafels with giant cous cous salad, tomato, mint, spiced butternut and tahini and roast sweet potato wedges €16.70

Crispy tofu and chilli butternut salad, quinoa and pomegranate, sugar snaps, hazelnut dukkah, lemon & poppy seed dressing €14.10

SIDE DISHES

giant cous cous, chickpeas, tomato, mint, spiced butternut and tahini €4.70

Sweet potato wedges with smoked paprika €4.70

Steamed root vegetables €4.10 Sautéed potatoes €3.70

Market Lane side salad €4.70

DESSERTS

Mango sorbet with fresh pineapple and mango, toasted coconut and pomegranate €7.20

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