

MARKET LANE

DAIRY FREE LUNCH MENU

STARTERS

- Today's soup with dairy free bread €6.60
- Glenbeigh Mussels, Coconut, lemongrass and chilli cream €9.30
- (Ve) Roast beetroot and quinoa salad, sugar snaps, hazelnut dukkah, beetroot puree, sourdough croutons and chilli and orange dressing €7.80

MAIN COURSES

- Sticky glazed pork belly on sourdough baguette with Vietnamese slaw and home cut chips €14.10
- Roast marinated chicken breast with steamed vegetables, chunky chips* or sautéed potatoes and gravy (without stuffing or butter) €15.60
- Or with roast sweet potatoes, giant cous cous, chickpeas, tomato, mint and feta (sheep and goats milk – available without), (no yoghurt) €15.60
- Gamekeeper's stew of venison, boar, pheasant and ox cheek, sautéed potatoes, sprouts and bacon €18.70
- Pan roast hake with sautéed potatoes and sprouting broccoli (No hazelnut butter) €18.60
- (v) Beetroot, walnut and feta cakes, fondant sweet potato, carrot hummus, pickled apple and watercress €15.10
- Steak sandwich on sourdough baguette with sautéed onions, horseradish mayo and home cut chips* €15.10
- Spiced bean, sweet potato and chickpea stew, sautéed Portobello mushrooms, brown basmati rice €15.60

SANDWICHES All €8.30

- Roast chicken, homemade mango chutney, chimichurri, local leaves, on bucheron sourdough
- Open sandwich of poached trout, chervil and lemon aioli, pickled cucumber and local leaves on multi cereal brown
- Ploughman's of glazed loin of Crowe's bacon, house chutney, onion pickle and mayo
- (Ve) House pita, spinach and chickpea falafel, beet and mooli slaw, tahini (no yogurt)

SALADS

- Crispy torn ham hock, red sauerkraut, new potatoes, little gem, apple and fennel dressing boiled egg €12.50
 - Miso glazed chicken, cashew nuts, ginger, green beans, scallions and local leaves €12.00
- ALL OUR SALADS ARE AVAILABLE WITH CRISPY TOFU AS A VEGAN ALTERNATIVE**

SIDE DISHES

Chunky hand-cut chips* €4.10 with celery salt and smoked garlic aioli €4.60

Market Lane side salad €4.70 - brown basmati rice €3.60

Steamed greens €4.20

-Sweet potato wedges with smoked paprika €4.70

Steamed root vegetables €4.10

-Sautéed potatoes €3.90

Giant cous cous, chickpeas, tomato, feta (sheep and goats milk), red onion, mint and parsley (no tzatziki) €4.70

DESSERTS

-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 LUNCH MENU

STARTERS

Today's soup with sourdough baguette €6.60

Crispy Tofu with sambal roast cauliflower and kimchi salad €8.30

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

House pita, spinach and chickpea falafel, beet and mooli slaw, butternut & tahini €8.30

Spiced bean, sweet potato and chickpea stew, sautéed Portobello mushrooms, brown basmati rice €15.60

Spinach and chickpea falafels with giant cous cous salad, tomato, mint, spiced butternut and tahini and roast sweet potato wedges €15.60

Crispy tofu and chilli butternut salad, quinoa and pomegranate, sugar snaps, hazelnut dukkah, lemon & poppy seed dressing €13.00

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 €3.90

Market Lane side salad €4.70 Brown basmati rice €3.70

DESSERTS

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

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