

MARKET LANE

VEGAN LUNCH MENU

STARTERS

- Today's soup with sourdough baguette €6.60
Sticky miso roast aubergine, hazelnut Dukkah crust, tahini slaw, pickled mouli €8.90
Fondant sweet potato and lentils, sugar snaps, hazelnut Dukkah, beetroot puree, carrot hummus, sourdough croutons and lemon and lemon & poppy seed dressing €7.80
Aloo tikka potato cake stuffed with spinach and fenugreek, date and tamarind €8.90

MAIN COURSES

- House pita, spiced chickpea falafel, beet and mooli slaw, butternut & tahini €8.30
Spiced roast cauliflower, red lentil, cashew and spinach dhal, brown rice pilau, pickled salad and a poppadum €15.90
Spiced bean, sweet potato and chickpea chilli, avocado salsa and pickled cabbage, brown basmati rice €15.70
Vegan Mezze Plate of Spiced chickpea falafels, roast baby potatoes, wild mushroom pilaf rice, home baked pitta, pickles and dips €15.60
Crispy Tofu, pomegranate, kasha grain, Sharon fruit, balsamic vinaigrette, hazelnut dukkah €12.50

SIDE DISHES

- Sweet potato wedges with smoked paprika €4.70
Steamed root vegetables €4.10
roasted herbed potatoes €4.10
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
Chocolate and peanut butter caramel tart with chocolate crumble €6.80

WINE & BEERS

WHITE:

Le Cavea Pinot Bianco (IT) Bottle: €28/ Pichet €9.30/ Glass €7

RED:

Finca Flichman Cabernet Sauvignon (ARG) Bottle: €31.50/Pichet €10.50/ Glass €7.90

16 Stops Shiraz (AUS) Bottle: €29.90/ Pichet €9.90 /Glass €7.80

Gran Domino Rioja Crianza (SP) Bottle: €33.50/ Pichet €11.20/ Glass €8.40

Alpha Zeta "R" Valpolicella Ripasso (IT) Bottle: €42.00

BEERS:

All our Elbow Lane craft beers are vegan friendly! Ask your server for more details

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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