

Vegetarian Menu

Starters

HOMEMADE SOUP OF THE DAY €7.00
served with fresh soda bread, please ask your server for details
(contains: 1, 7, 9)

SOY HONEY CAULIFLOWER WINGS €11.00
(contains: 6, 10, 11)

AJO BLANCO (COLD SOUP) €7.00
almonds, sherry vinegar, kiwi, cucumber, grapes & olive oil
(contains: 1, 8)

ARABIC CHICKPEAS & BULGAR WHEAT SALAD
served with garlic flat bread, tahini dressing & mini yoghurt
(contains: 1, 7)

Mains

ITALIAN SPINACH & RICOTTA RAVIOLI €19.00
rocket, parmesan & pine nuts
(contains: 1, 3, 7, 8, 9)

PAPPARDELLE €24.50
grilled king oyster mushroom, walnut pesto pappardelle, parsley oil & basil
(contains: 1, 7, 8)

ROCKPOOL VEG BURGER €18.50
cauliflower & quinoa burger, chilli cheddar cheese, house green mayo, lettuce, beef tomato, cornichons & red onion on glazed brioche bun with hand cut fries
(contains: 1, 3, 7, 10, 12)

VEGGIE PIZZA €14.00
roasted tomato sauce, nutritional yeast flakes. grilled peppers, artichoke, caramelized onion, pea shoots, vegan mozzarella
(contains: 1, 6, 7)

Sides

HAND CUT SKIN ON CHIPS €4.50
SWEET POTATO FRIES €4.50
BEER BATTERED ONION RINGS €4.50
BABY MIXED LEAF SALAD €3.50
TENDER STEM BROCCOLI €4.50
GARLIC BREAD €3.50
GARLIC BREAD WITH CHEESE €4.50

Desserts

SELECTION OF ICE CREAMS WITH CREAM & TOPPINGS €8.50
(contains: 1, 3, 6, 7, 8, 13)

KINSALE GARDEN €8.50
selection of ice creams & baileys cream
(contains: 1, 3, 6, 7, 8, 13)

WHITE CHOCOLATE & PEANUT BUTTER FONDANT €8.50
salted caramel ice cream
(contains: 1, 3, 7)

CHOCOLATE ALMOND COCONUT MOUSSE €8.50
with fresh raspberries & raspberry coulis
(contains: 8)

APPLE & BERRY CRUMBLE TART €8.50
sauce anglaise, vanilla bean ice cream
(contains: 1, 3, 7)

PLEASE ASK YOUR SERVER FOR ANY VEGAN & COELIAC ADAPTATIONS

ALLERGEN INDEX:

1. CEREALS CONTAINING GLUTEN
2. CRUSTACEANS
3. EGGS
4. FISH
5. PEANUTS
6. SOYBEAN (AND PRODUCTS OF)
7. MILK (DAIRY)

8. NUTS

9. CELERY (CELERIAC)
10. MUSTARD
11. SESAME SEEDS
12. SULPHUR DIOXIDE & SULPHITES
13. LUPINS
14. MOLLUSCS