



Organic Winter Dinner Menu

To Start...

Garden Inspired Soup of the Day (v) served with homemade brown bread*	6.5
<u>Wild Atlantic Creamy Fish Chowder</u> served with homemade brown bread* (f,m,mus)	9
Burren Smoked Salmon Salad Sun-dried tomato, olives, horseradish (eg,m)	9
Warm Goat's Cheese Bun with jam, pesto, garden salad & roasted nut (m,n,mus)	8.5
Our Homemade Bread with herb butter and our homemade dips (m,mus,ss)	7.5

Ask for our tapas menu for more!

To Finish...

Each dessert is served with your choice of custard or cream

Dessert of the Day	6.5
Apple and Berry Crumble	6.5
Homemade Chocolate Brownie (available vegan)	6.5
Homemade vanilla ice cream	6.5

Entrée

Steak (venison or beef, as available) celeriac purée, kale and potatoes, herb butter (gf,m,mus)	26
Homemade Tagliatelle Pasta (V) tossed in Ripe Tomato or Cream Sauce. Served with parmesan and a garden salad (eg,m,mus,ss)	17.5
.....Add Salmon (with Cream Sauce) (f,eg,m,mus,ss)	20
<u>Roast Fish of the Day</u> served on a bed of seasoned garden kale, crushed potato, ratatouille (f,m,mus,ss)	19.5
Falafels (Vegan) sweet chili sauce, green salad, cous-cous salad with roast vegetables (df,gf)	20
Fish and Chips tartar sauce (f,eg,mus)	19
Homemade Margherita Pizza sm 7.5/lrg 16 Choose up to 3 toppings from salami, black olives, sundried tomatoes, ham, sweet corn, pineapple, onion	

Everything on our menu is certified organic unless underlined.

Most items can be modified to accommodate a gluten free or vegan diet - just ask!

The Three Towers Eco House and Organic Kitchen and vegetable/fruit garden is certified organic by the Irish Organic Association



Food Allergen Information: gf-gluten free, df-dairy free, sf-seafood, f-fish, eg-eggs, p-peanuts, m-milk, n-nuts, c-celery, mus-mustard, ss-sesame seeds, sd-sulfur dioxide, l-lupin

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