

## FAST & FRESH

|   |               |
|---|---------------|
| <b>Re-Fuel Salad</b>  | <b>€14.00</b> |
| Kale, quinoa, sunflower seeds, feta, spinach, pomegranate dressing, pomegranate seed, roast sweet potato. |               |
| Contains: 2, 4, 11, 12  |               |
| Add chicken   | <b>€5.50</b>  |
| Add prawns  | <b>€5.00</b>  |
| Contains: 3   |               |
| Add avocado   | <b>€5.00</b>  |
| <b>Singapore Noodles</b>  | <b>€21.50</b> |
| Light rice noodles wok fried with curry paste, shrimps, char-grilled chicken & asian vegetables           |               |
| Contains: 3, 6, 10W   |               |
| <b>Vegan Singapore Noodles</b>  | <b>€18.00</b> |
| Light rice noodles wok fried with curry paste, & asian vegetables   |               |
| Contains: 10w   |               |
| <b>Garlic Prawn Linguine</b>  | <b>€23.50</b> |
| Broad beans, baby spinach, with semi dried tomatoes & basil cream sauce                                   |               |
| Contains: 2, 3, 4, 10W 12   |               |

## DESSERTS

|  |              |
|--|--------------|
| <b>Lotus Biscoff Cheesecake</b>                      | <b>€9.50</b> |
| With crème anglaise                                  |              |
| Contains: 2, 6, 7, 10w                               |              |
| <b>Salted Caramel &amp; Chocolate Brownie Sundae</b> | <b>€9.50</b> |
| Contains: 2, ,6, 7 10w                               |              |
| <b>Raspberry Choux</b>                               | <b>€9.50</b> |
| With chocolate sauce                                 |              |
| Contains: 2, 6, ,7 10w                               |              |
| <b>Selection of Boulaban Irish Ice-Cream</b>         | <b>€8.00</b> |
| Choose three scoops of the following flavors:        |              |
| Vanilla,   |              |
| Mocha Coffee,  |              |
| Strawberry,  |              |
| Chocolate,   |              |
| Salted Caramel                                       |              |
| Contains: 2, 6                                       |              |

### Our dishes contain the following allergens:

1 Peanuts/ 2 Milk/ 3 Shellfish/ 4 Sulphites/ 5 Tree nuts/ 6 Eggs/ 7 Soya/ 8 Sesame/ 9 Fish/ 10 Cereals containing gluten(B) = Barley (W) = Wheat (O) = Oats (R) = Rye/ 11 Mustard/ 12 Celery/ 13 Molluscs/ 14 Lupin/ (WN) = Walnuts (HN) = Hazelnuts (P) = Pistachios (PN) = Peanuts (PI)= Pine nuts (CN) = Cashew nuts (A) = Flaked Almonds (TN) = Tree Nuts (PC) = Pecans

All beef used within our menu is 100% Irish and locally sourced.  
Our oil used for frying is GM free pure rapeseed oil.

Dear guest please be informed that we do not  
split bills for tables of 6 and more.

## VEGAN MENU

|   |               |
|---|---------------|
| <b>Vegan Homemade Soup of the Day</b>   | <b>€6.50</b>  |
| Contains: 12  |               |
| Served with a freshly baked bread roll  |               |
| Contains: 10 W  |               |
| <b>The Cheesy Vegan Chargrilled Sweet Potato Sandwich</b>   | <b>€15.90</b> |
| Chargrilled sweet potato, American mustard mayo, vegan cheese, red onion relish, rocket leaves on grilled garlic country loaf with chunky chips |               |
| Contains: 4, 7, 10W, 11   |               |
| <b>Vegan Breaded Mushrooms</b>  | <b>€9.50</b>  |
| With vegan garlic mayonnaise  |               |
| Contains: 4, 7, 10W   |               |
| <b>Vegan Burrito Bowl</b>   | <b>€16.50</b> |
| Coriander lime rice, black beans, avocado, baby gem lettuce, red onion, sweet corn, peppers, chilli dressing.                                   |               |
| Contains 4, 12  |               |
| <b>Vegan Re-Fuel Salad</b>  | <b>€13.00</b> |
| Kale, quinoa, toasted sunflower seeds, spinach, pomegranate dressing  |               |
| Contains 2,4,11   |               |
| <b>Vegan Singapore Noodles</b>  | <b>€18.00</b> |
| Light rice noodles wok fried with curry paste, & asian vegetables   |               |
| Contains: 10W   |               |
| <b>Vegan Grilled Vegetable Tagliatelle</b>  | <b>€19.50</b> |
| Roasted asparagus, courgette, aubergine, peppers, kale & pumpkin seed pesto   |               |
| Contains: 4,7, 10 W   |               |
| <b>Vegan Spiced Stir-fry Vegetable &amp; Quinoa Hotpot</b>  | <b>€18.00</b> |
| Contains: 10W   |               |
| <b>Vegan Thai Yellow Coconut Curry</b>  | <b>€19.50</b> |
| Sweet potato, tofu, cashew nuts & basmati rice  |               |
| Contains: 4, 5 CN, 7  |               |
| <b>Vegan Apricot Cake</b>   | <b>€9.50</b>  |
| With vegan vanilla ice-cream  |               |
| Contains:10(W), 5(HN)   |               |
| <b>Sorbet Selection</b>   | <b>€8.00</b>  |
| Coconut, mango and raspberry sorbets with seasonal berries  |               |
| Contains: None  |               |

TAKE CHARGE. RECHARGE IN  
**CINNABAR**

OPEN DAILY FROM 12PM - 4PM

LUNCH MENU

## SOUP

**Homemade Soup of the Day & Porter Bread** €7.00

Contains: 2, 10WB, 12

**Seafood Chowder** €16.00

Mixed fish & prawn tails in a creamy broth with potatoes, smoked bacon, garlic, white wine & parsley served with the porter bread

Contains: 2, 3, 9, 12

## SALAD CORNER

**Goats Cheese, Avocado & Mixed Seeds Salad** €14.50

With mixed leaves, cherry tomatoes, orange segments, red onion, pumpkin & sunflower seeds and a lemon, honey, orange & mint vinaigrette

Contains: 2, 4, 11

**Burrito Bowl** €19.50

Spiced chicken breast, coriander lime rice, black beans, avocado, baby gem lettuce, red onion, sweet corn, peppers, chilli dressing

Contains: 4, 12

**Re-Fuel Salad** €14.00

Kale, quinoa, sunflower seed, feta, spinach, pomegranate dressing, pomegranate seeds, roasted sweet potato

Contains: 2, 4, 11, 12

Add chargrilled chicken €5.50

Add prawns €6.00

Contains: 3

Add avocado €5.00

**Cinnabar Caesar Salad** €14.50

Smoked bacon lardons, baby gem lettuce, garlic focaccia croutons, poached egg, shaved parmesan, caesar dressing

Contains: 2, 4, 6, 7, 9, 10W, 11

Add chargrilled chicken €5.50

Add prawns €6.00

Contains: 3

Add avocado €5.00

## SANDWICH SELECTION

**White or Wholemeal bread, served with crisps.** Fresh €8.50

Contains: 7, 10W

Toasted €9.50

**Two slices of bread with your choice of three of the following fillings:**

**Ham**

Contains: 4

**Chicken / Turkey**

Contains: 2

**Smoked salmon (supplement €1)**

Contains: 9

**Dubliner mature cheddar cheese**

Contains: 2

**Tomato**

**Cucumber**

**Red onion**

**Butterhead lettuce**

**Ranch dressing**

Contains: 2, 4, 6, 11

**Mayonnaise**

Contains: 4, 6, 11

## SIGNATURE SANDWICHES

**Sandwich of the Day**

See your server for additional details.

**Triple Decker BLT Sandwich with Avocado** €14.50

Bacon, lettuce, tomato, avocado on toasted white or brown sourdough bread

Contains: 2, 4, 10WR

**Toasted Cajun Ranch Chicken Wrap** €16.50

Cajun chicken goujons, streaky bacon, butterhead lettuce, ranch dressing, red onion relish, cheddar cheese with fries

Contains: 2, 4, 6, 10W, 11

**The Cheesy Vegan Chargrilled Sweet Potato Sandwich** €15.90

Chargrilled sweet potato, American mustard mayo, vegan cheese, red onion relish, rocket leaves on grilled garlic Country loaf with fries

Contains: 4, 7, 10W, 11.

## APPETISERS

**Beef Cheek Croquettes** €16.90

Red onion marmalade & horseradish mayonnaise

Contains: 4, 6, 7, 10W, 11, 12.

**Chicken Wings & Blue Cheese Dip** €15.90

With pomegranate bbq sauce or hot sauce

Contains: 2, 4, 6, 7, 8, 10W, 11.

**Southern Fried Chicken Goujons** €11.50

With ranch dressing

Contains: 2, 6, 7, 10W, 11

**Mini Fish Cake** €16.50

With soy ginger dressing

Contains: 4, 6, 7, 8, 9, 10W

**Garlic Prawns** €14.50

Butter sauce and grilled country loaf bread

Contains: 2, 3, 7, 10W

**Texas Style BBQ Pork Ribs** €14.00

Contains: 2, 4, 7, 10W

**Breaded Mushrooms with Vegan Garlic Mayonnaise** €9.50

Contains: 4, 7, 10W

## MAINS

**Fresh Market Fish** €24.50

In a light craft beer batter, pea & mint fricassee, remoulade sauce, grilled lemon & fries

contains: 4, 6, 9, 10 W, B, 11

**Garlic Prawn Linguine** €23.50

Broad beans, baby spinach, with semi dried tomatoes & basil cream sauce

Contains: 2, 3, 4, 10W 12

**Singapore Noodles** €21.50

Light rice noodles wok fried with curry paste, shrimps, char-grilled chicken & Asian vegetables

Contains 3, 6, 10W.

**Thai Yellow Chicken, Vegetable & Coconut Curry** €21.50

With basmati rice

Contains: 3, 4, 9, 12.

## BURGER SECTION

**Gahan's Gourmet Beef Burger** €21.50

Gourmet 8oz beef burger, dubliner cheese, gherkins, butterhead lettuce, irish smoked ketchup, brioche bap, red onion, tomato and fries

Contains: 2, 4, 6, 10W

**Chargrilled Garlic Chicken Burger** €20.50

With chipotle slaw, tomato, butterhead lettuce, cheddar cheese, brioche bap & sweet potato fries

Contains: 4, 6, 10W, 11

Make it a double €4.50

Add a fried egg €3.50

Add bacon €3.50

## PERFECT PARTNERS

**Fries** €5.00

Contains: None

**Cheesy Chips** €6.00

Contains: 2

**Crispy Sweet Potato Fries** €5.50

Contains: None

**Pea & Mint Fricassee** €6.50

Contains: None

**Baby Stem Broccoli with Lemon Butter** €6.00

Contains: 2

**Chef's Side Salad** €5.50

Contains: 4, 11

**Garlic Bread** €6.50

Contains: 2, 7, 10W

**Lime, Smoked Paprika, Cumin & Coriander Seasoned Corn Cob** €6.50

Contains: None

**Roasted Mediterranean Vegetables** €5.50

Contains: None

**Roasted Garlic Mash Potatoes** €5.50

Contains: 2

## SELECTION OF DIPPING SAUCES

**Ranch Dressing** €3.00

Contains: 4, 6, 11

**Chipotle Mayonnaise** €3.00

Contains: 4, 6, 11

**Soy Ginger Dressing** €3.00

Contains: 4, 7, 10W

**Garlic Mayonnaise** €3.00

Contains: 4, 6, 11

**Blue Cheese Dip** €3.00

Contains: 2, 4, 6, 11

**Garlic Butter** €3.00

Contains: 2