

2017

## Orso Coeliac Friendly Options Menu 2017

Orso

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## COELIAC FRIENDLY OPTIONS

*Sample menu – all details subject to change.*

FROM THE  
BAR (daytime)

FROM THE  
KITCHEN  
(night time)

» COELIAC  
FRIENDLY OPTIONS

WINE

COCKTAILS,  
BEER &  
SOFT DRINKS

TEAS AND  
ORSO COFFEE

### From the bar (day time)

#### BREAKFAST

Fruit salad	€3.50
Banana, cinnamon and toasted almonds on gluten free bread	€4.50

#### SANDWICHES ON GLUTEN FREE BREAD

Pastrami with pickled cabbage, gherkins & a light mustard mayo	€6.50
Slow cooked ham, smoked cheese and homemade fig chutney	€6.50
Roast chicken in a fresh herb pesto with tomato, mayo & mixed leaves	€6.50
Roast turkey with cranberry stuffing, rocket, beetroot & pineapple salsa	€6.50
Soup (daily changing) with gluten free bread	€5

#### HOT STUFF

Stuffed roast aubergine with zhoug, spiced 3 bean mix & basil yoghurt. Served with a choice of 2 salads	€9.50
Chicken & sweet potato stew in a spicy harissa sauce on brown rice	€8.50

#### COLD STUFF

Chicken & sweet potato stew in a spicy harissa sauce on brown rice	€7.00
Quinoa with squash, beetroot, lentils, rocket and maple syrup, toasted seeds	€7.00

Wild rice, fava beans carrot shavings & fresh coriander	€7.00
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## From the kitchen (night time)

Seasonal Soup (daily changing) with gluten free bread	€5.50
Pilpelchuma spiced prawns with cucumber and coriander salad	€7.90
Baked almond crusted halloumi with broad beans and rocket	€7.90
Orso spiced potato, squash & beetroot bake topped with goats cheese & crispy onions	€12
Blackened salmon with fried chickpea rice & pomegranate salsa	€17.50
Fresh fish of the day – ask your server for daily special gf	€19.50
Orso spiced warm chickpeas	€4.00
Dukkah coated roast baby potatoes	€4.00
Carmelised fennel bulb halves	€4.00
Baharat spiced sweet potato wedges	€4.00

### DESSERTS

Coconut meringue with passion fruit & dark chocolate ganache	€6.50
Lemon and goats curd cheesecake with almond and sesame base	€6.50

*Sample menu– all details subject to change.*

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