

# EARLY BIRD MENU

| STARTER AND MAIN 29.00 ADD ANY DESSERT 5.50 |

MON TO SAT 5PM-6.30PM SUNDAY 3PM-5.00PM

## APPETISERS

### ★ CREAMY MUSHROOM & GARLIC CROQUETTES

SERVED WITH SPINACH PUREE & PICKLED RED ONIONS

CONTAINS: | E | MI | M |

### CRISPY CAULIFLOWER WINGS (VEGAN)

CRISPY COATED CAULIFLOWER FLORETTES IN OUR OWN VEGAN BUFFALO SAUCE SERVED WITH CAPER & HERB SALSA VERDE.

CONTAINS: | P | S | MI | M | SU |

### ★ PEOPLES HOME MADE BLACK PUDDING

HOUSE MADE BLACK PUDDING SERVED ON TOP OF CHARRED BRIOCHE, RED ONION MARMALADE, SMOKEY BACON MAYO AND CANDIED HAZELNUTS

CONTAINS: | MI | M | E | SU | | G - WHEAT (IN BRIOCHE) GLUTEN FREE TOAST AVAILABLE

### ★ SPICY BUFFALO WINGS

CRISPY CHICKEN WINGS IN OUR OWN BUFFALO

SAUCE, BLUE CHEESE & CHIVE DIP TOPPED WITH FRESH CHIVES.

CONTAINS: | E | MI | M | C |

### ★ CAVANBERT CHEESE

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LOCALLY PRODUCED CAMEMBERT CHEESE IN PANCO CRUMB, ROASTED RED PEPPER AND BALSAMIC WALLNUTS

CONTAINS: | E | MI | N |

### ONION BHAI STACKER (VEGAN)

INDIAN STYLE ONION & POTATO CRISPY PANCAKES, LOADED WITH CHILI & GARLIC SPINACH, PICKLED CUCUMBER AND BEETROOT, TAHINI DRESSING AND HUMMUS.

CONTAINS: | SU | S |

## DESSERTS

ADD ANY DESSERT 5.50

### PEAR AND APPLE CRUMBLE

CONTAINS: | G - WHEAT | E | MI |

HOUSE CUSTARD & VANILLA ICE CREAM.

### ★ VANILLA ICE CREAM WITH HONEYCOMB CRUMBLE

WITH BERRY COMPOTE. CONTAINS: | E | MI |

### CREAMY COCONUT PANNA COTTA

ALMOND GRANOLA TOPPED WITH PINEAPPLE AND KIWI SALSA

★ | GLUTEN FREE WITHOUT GRANOLA | CONTAINS: | G - WHEAT | N | MI | AL |

### STICKY TOFFEE PUDDING

CONTAINS: | E | MI | G - WHEAT |

SALTED CARAMEL SAUCE, CARAMELISED APPLE & VANILLA ICE CREAM.

### HONEY AND IRISH WHISKEY CRÈME BRULEE

CONTAINS: | E | MI | G - WHEAT |

HONEY AND WHISKEY BAKED CUSTARD WITH CARAMEL CRUST & CITRUS TUILE.

★ | GLUTEN FREE WITHOUT BISCUIT |

### CHEESECAKE OF THE NIGHT

CONTAINS: | G - WHEAT | MI |

| OUR FOOD IS PREPARED IN THE SAME KITCHEN AS COMMON ALLERGENS SO TRACES MAY BE FOUND IN OUR DISHES |

| TO PREVENT ANY MISUNDERSTANDINGS, OUR SERVERS ARE NOT PERMITTED TO SEPARATE BILLS |

| PLEASE ALWAYS INFORM YOUR SERVER IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS |

| ALL OUR BEEF IS 100% IRISH |

ALLERGENS: CEREALS CONTAINING GLUTEN | NUTS | CRUSTACEANS | CELERY | EGGS | MUSTARD | FISH | SESAME SEEDS | PEANUTS | SULPHUR DIOXIDE AND SULPHITES | SOYBEANS | LUPIN | MILK & LACTOSE | MOLLUSCS |

# PEOPLE'S

RESTAURANT - CAVAN

SINCE 2016

## MAINS

### ★ SLOW COOKED BEEF CHEEK | SUPPLEMENT €2.00 |

TARRAGON & GARLIC MASH, GARLIC & THYME ROASTED VEG, CARAMELIZED SHALLOTS, RICH RED WINE JUS AND CRISPY KALE.

CONTAINS: | MI | SU | C |

### ASIAN STYLE STICKY BBQ PORK CHUNKS

PORK BELLY IN OUR OWN STICKY BBQ SAUCE GARNISHED WITH SESAME SEEDS SERVED WITH ASIAN SLAW, PICKLED SALAD AND BASMATI RICE

CONTAINS: | S | MI | M | N | C | G | GLUTEN FREE AVAILABLE WITH NO SAUCE |

### ★ SUPREME OF IRISH CHICKEN

SERVED WITH OUR HOMEMADE BLACK PUDDING, PRESSED POTATO GRATIN, PORT GLAZED BEETROOT PUREE, BUTTERED GREENS, BACON CRUMB & WHITE WINE CREAM SAUCE.

CONTAINS: | MI | SU | SO |

### PEOPLE'S BEEF BURGER "CLASSIC"

8OZ OF OUR OWN PRIME STEAK MINCE CHARGRILLED AND SERVED IN A BRIOCHE BUN WITH SMOKED BACON, LETTUCE, MELTED CHEDDAR, SLICED VINE TOMATO, ONION CRISPS & HOUSE BURGER SAUCE. SERVED WITH CHIPS.

CONTAINS: | G - WHEAT | E | MI | M |

### PEOPLE'S SOUTHERN FRIED CHICKEN BURGER

BUTTERMILK MARINATED CHICKEN BREAST COATED IN SPICY SEASONING, TRUFFLE & PARMESAN MAYO, PICKLED CUCUMBER, ONION CRISPS, LETTUCE, MELTED CHEDDAR AND CRISPY BACON. SERVED WITH CHIPS.

CONTAINS: | G | E | MI | SU | M |

### ★ CAULIFLOWER STEAK (VEGAN)



GRILLED CAULIFLOWER, ROASTED PEPPER AND SMOKED ALMOND HOUSE PESTO, PICKLED CUCUMBER, TAHINI DRESSING, CARAMELIZED SHALLOTS, CORIANDER OIL AND CHOICE OF SIDE

CONTAINS: | S | N |

### ★ PEOPLES THAI CURRY | ADD TIGER PRAWNS 5.50 |

CHICKEN OR VEGETABLE. WOK-FRIED VEGETABLES, COCONUT, HOMEMADE THAI CURRY PASTE. SERVED WITH RICE.

CONTAINS: | F | MI | S |

### ★ FISH 'N CHIPS

FRESH TEMPURA GINGER BEER BATTERED HADDOCK SERVED WITH CHUNKY CHIPS, TARTAR SAUCE AND CHILI MINT MUSHY PEAS.

CONTAINS: | E | F | MI |

### ★ CARAMELIZED GOATS CHEESE SALAD



SERVED WITH BABY LEAF SALAD, BEETROOT, POACHED PEARS, TOASTED PINE NUTS, RED ONION JAM AND CITRUS DRESSING.

CHOICE OF SIDE. CONTAINS: | E | MI | N |

## SIDES

| HOMEMADE CHIPS | CREAMY MASH POTATO | GARLIC CHIPS | BABY BOILED | MIXED LEAF SALAD | BASMATI RICE | ONION RINGS | | GARLI & THYME ROASTED ROOT VEG |