



MONDAY 9TH JANUARY – SUNDAY 5TH FEBRUARY

# CAVEMAN FESTIVAL

## LUNCH MENU

### COCKTAILS

All of the cocktails have been created with the freshest fruit. They are low in calories and all sugars have been replaced with natural sweeteners.

#### Floating Market (SS) €10.50

Bacardi Carta Blanca, Luxardo maraschino liqueur, ginger syrup, pea aubergine and lime juice

#### The Forager (SS) €9.95

Bombay Sapphire, lime juice, lemongrass, mint, bitters, raw honey and chamomile syrup

#### The Hunter (SS) €9.95

El Jimador Reposado Tequila, fresh red pepper, organic tomato juice, fresh chillies, lime juice, smoked salt and red peppercorn

#### The Gatherer (SS) €10.50

Bacardi Carta Blanca, Lillet rouge, stevia, a selection of fresh berries and topped with soda water

### MENU GUIDE

(V) Vegetarian

(GF) Gluten Free

(PF) Paleo Friendly

(SF) Superfood

(SS) Saba Slim – Under 250 cals

(SL) Saba Light – Under 400 cals

(X1) Mild

(X2) Medium

(X3) Spicy

(X4) Very Spicy

(X5) Extra Spicy

Rice is not included as rice is not a paleo friendly option

### MAIN COURSE

#### Panang Chicken

(X1) (X2) (PF) (SF) (GF) (SL)

€11.95

Chicken fillet, sweet potato, broccoli, kaffir lime leaves served in a paleo friendly panang curry sauce

#### Chargrilled Sirloin Steak

(X1) (PF) (SF) (GF)

€17.50

Sliced sirloin steak, broccoli, Chinese leaves, bok choy and carrots in a paleo friendly red curry sauce

#### Prawn Green Machine

(X1) (X2) (PF) (SF) (GF) (SL)

€12.95

Tiger prawns, green curry paste, coconut milk, bamboo shoots, aubergine, peppers, kaffir lime, sweet basil, butternut squash and broccoli

#### Caveman Beef

(X1) (X2) (PF) (SF) (GF)

€12.95

Beef fillet, butternut squash, sweet potato, bok choy, carrot, broccoli, peppers, Chinese leaves, mushrooms and lime in a red curry sauce

#### Vietnamese Monkfish Curry

(X1) (X2) (X3) (PF) (SF)

€16.95

Yellow Vietnamese curry with monkfish, potato, taro, lemongrass and kale