



VEGAN AND VEGETARIAN MENU

BREAD €3

Homemade Bread (1 wheat, 7)

STARTERS

Red Lentil Soup €10

Green Lentils, Baby Spinach, Greek Yogurt, Sumac (7)

Organic Salad €8

Organic Mixed Leaves, Endive, Cucumber, Walnuts, Edamame Beans, Pink Peppercorn Dressing (Vegan) (6, 8 walnuts, 10)

MAINS

Poke Bowl €16

Sushi Rice, Edamame Beans, Wakame Salad, Cucumber, Avocado, Green Beans, Cherry Tomato, Radish, Pickled Cabbage, Sesame Seeds, Gyoza Dressing (1 wheat, 6, 11)

Coconut Dal, Almond Falafel €20

Red Lentils Coconut Sauce, Chickpea, Baby Spinach, Peas, Mangetout, Broccolini, (Vegan) (8 almond)

SIDES €6

Mixed Greens (6)

Patatas Bravas (3)

Organic Leaf Salad (10,12)

Padron Peppers

ALLERGEN INFORMATION:

1=Wheat containing gluten 2=Crustaceans 3=Eggs 4=Fish 5=Peanuts 6=Soybeans 7=Milk 8=Nuts 9=Celery
10=Mustard 11=Sesame seeds 12= Sulphur Dioxide & Sulphites (>10mg per Kg) 13=Lupin 14=Molluscs

ALL OUR MEAT & POULTRY IS 100% IRISH & IS TRACEABLE FROM FARM TO FORK.

To reserve a table: info@thecow.ie | 01 660 2390 | 2 Shelbourne Rd, Dublin 4, D04 V4K0 | Follow Us @thecowdublin4