

Shanti-Som Wellness Retreat

RESTAURANT MENU

Welcome to Shanti-Som!

Indulge your senses with exotic delicacies and Asian flavours in our world-class restaurant, prepared with flair against tranquil settings. Savour fresh ingredients that have been locally sourced and expertly prepared.

Capturing hearty honest flavours of the East and West, Shanti-Som restaurant will transport you to sun-soaked Bali, Vietnam and Thailand. Feast on mezze platters, fresh salads, specialities from our Asian Wok and flavourful curries.

TO START

BEETROOT CARPACCIO SALAD (V) (N) € 10.50

Fresh Spinach and Beetroot Salad served with Grilled Goat Cheese, Pecan Nuts and Mustard dressing

SHANTI-SOM SPECIAL SALAD (V) (N) (GF) € 11.50

Mixed leaves, feta cheese, dates, walnuts & pineapple. Served with sweet & sour lime and coriander dressing

TOM KHA SOUP (GF) € 9.50

Oriental soup with coconut milk & vegetables. Served with chicken or prawns

CITRUS MARINATED SALMON (GF) € 12.00

Marinated salmon accompanied with fresh leaves, citrus fruit. Blini optional

MIDDLE EASTERN MEZZE (V) € 11.00

Humus, baba ganoush, muhammara crudites and pita bread

ASSORTED DIM SUM € 12.00

Served with two different sauces

MAINS

GREEN THAI CURRY WITH CHICKEN (GF) (LF)	€ 15.50
<i>A traditional thai spicy curry served with steam vegetables and basmati rice</i>	
DORADA FISH MEDITERRANEAN SUPREME (GF) (LF)	€ 19.50
<i>With a choice of mediterranean sauce (lemon garlic & parsley) or Asian sauce (lemongrass, chili & ginger)</i>	
SPINACH AND RICOTTA TORTELLONE (V)	€ 12.50
<i>A base of spinach with salvia and caper butter sauce</i>	
ASIAN VEGETARIAN WOK (GF)	€ 12.00
<i>Seasonal vegetables with chili, curry & soy sauce. Your choice of prawns, chicken or tofu. Can be served with either noodles or quinoa</i>	
ASIAN CRISPY CHICKEN (GF)	€ 18.50
<i>Marinated yang style with rice noodles, coriander and chives</i>	
SMALL ORIENTAL BEEF BURGERS	€ 18.50
<i>With chargrilled aubergine, hummus and pita bread</i>	
TAJIN NAZARI OF LAMB	€ 17.00
<i>Traditional Arabian dish served with couscous and seasonal vegetables</i>	
ROASTED LOIN OF LAMB WITH PLUM SAUCE (GF)	€ 21.00
<i>Served on a bed of celery puree</i>	

SIDE DISHES

CHUNKY CHIPS	€ 4.50
SEASONAL VEGETABLES	€ 4.50
BASMATI OR BROWN RICE	€ 4.50
HOMEMADE SPELT BREAD	€ 1.50

SOMETHING SWEET

CHOCOLATE CAKE (V) (GF)

Served with mascarpone cheese

€ 8.00

CARROT CAKE (V) (N) (LF)

Served with yoghurt and mango sauce

€ 8.00

PINA COLADA (V) (LF)

Shanti-Som signature favourite

€ 8.00

WHITE CHOCOLATE BROWNIE (V)

Pistachio flavoured

€ 8.00

We welcome you to finish off your meal with a relaxing Herbal Tea.

Teas often come packed with antioxidants and nutrients that serve many purposes. Some herbal tea benefits may include reduced inflammation, better immune system function and more.

Please ask to see our selection of herbal teas.

