



**SANDYFORD**

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## RTG VEGAN LUNCH A LA CARTE

**SET LUNCH MENU €17.95**

CHOOSE ONE STARTER & ONE MAIN  
FROM THIS MENU



### VEGAN STARTERS

#### VEGAN THAI SAMOSAS

Crispy Fried Filo Parcels, filled with Curried Vegetables, served with a Sweet Chilli Dip €9.50

#### VEGAN SPRING ROLLS

with Mushrooms, Cabbage & Glass Noodles served with a Sweet Chilli Sauce €9.50

#### TOM KHA WITH TOFU

Coconut Broth with Tofu, Mushrooms, Spring Onions, Coriander, & Cherry Tomatoes, flavoured with Galangal, Lime Leaves & Lemongrass. €8.00

### VEGAN MAINS (All €13.95)

TOFU CAN  
BE ADDED  
TO DISHES  
ON REQUEST

#### YELLOW CURRY 🌶️🌶️

A Rich Curry flavoured with Turmeric, this curry comes with Fried Baby Potatoes, Onions, Bean Sprouts & Crisp Fried Shallots.

#### CHILLI STIR-FRY 🌶️🌶️🌶️

A Spicy Stir-fry made with our Vegetable Seasoning Sauce & Baby Corn, Green Beans, Spring Onions, Carrots, Peppers, Onions, Basil Leaves, Bamboo Shoots & lots of Fresh Chillies.

#### GINGER STIR-FRY 🌶️

A Zingy Stir-fry cooked with Peppers, Button Mushrooms, Spring Onions, Carrots, Onions & Shredded Ginger.

#### RTG VEGETABLE STIR-FRY

A tasty mixture of Asian Greens, Baby Corn, Peppers, Broccoli, Onions, Peppers, Button Mushrooms & Carrots, quick-fried with our Vegan Seasoning Sauce.

#### SWEET CHILLI STIR-FRY 🌶️

A Sweet Chilli Stir-fry made with Cherry Tomatoes, Peppers, Carrots, Basil, Spring Onions, Green Beans, Onions & our own Sweet Chilli Sauce.

ALL CURRIES & STIR - FRIES ARE SERVED WITH STEAMED RICE. SWITCH TO BROWN RICE + €1.50

RTG SPICE RATING: 🌶️ MILD    🌶️🌶️ MEDIUM    🌶️🌶️🌶️ HOT

### VEGAN NOODLE DISHES (All €13.95)

TOFU CAN  
BE ADDED  
TO DISHES  
ON REQUEST

#### VEGAN PHAD THAI

Our Classic Pad Thai made the vegan way. We quickly wok fry Rice Noodles with Peppers, Onions, Asian Greens, Soy beans, Baby Corn, Peanuts & Spring Onions in our Vegan Sauce.

#### VEGAN PHAD KHEE MAO 🌶️🌶️🌶️

Rice Noodles are flash-fried in the wok with Peppers, Spring Onions, Green Beans, Basil Leaf, Onions, Asian Greens, Baby Corn, Soybeans, Carrots & lots of Fresh Chillies.

A 10% SERVICE CHARGE WILL APPLY TO GROUPS OF FIVE OR MORE.

ALL OUR FOOD IS FREE OF MSG. WE USE ONLY IRISH FOOD SUPPLIERS AND ALL OF OUR BEEF IS 100% IRISH. PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES BEFORE ORDERING.

# RTG LUNCH A LA CARTE

SET LUNCH MENU €17.95 | CHOOSE ONE STARTER & ONE MAIN FROM THIS MENU

Sea Bass and Mixed Seafood + €3.00, Fillet Beef + €2.00 for set lunch.



## STARTERS

### VEGETARIAN SPRING ROLLS

Crispy Filo Rolls filled with Mushrooms, Cabbage & Glass Noodles served with a Sweet Chilli Sauce €7.00

### PORK WONTONS

Deep Fried Minced Pork Dumplings, served with Sweet Chilli Dip €8.00

### KOREAN GOCHUJANG CHICKEN WINGS 🍴

Crispy lightly-battered Chicken wings tossed in a mildly spiced, sweet and sticky Gochujang Korean sauce topped with sesame seeds €8.45

### FIVE SPICE CALAMARI

Crispy Calamari Pieces, served with Spring Onions, Chillies, Carrots & Onions on top of Mixed Leaves. €8.45

### SATAY CHICKEN

Fried Chicken Breast Skewers, served with our homemade Satay Sauce €7.45

### PANKO PRAWNS

Tiger Prawns in Coconut & Japanese Breadcrumbs in an Egg & Flour Batter, with Sweet Chilli Sauce €7.00

## SALADS 🍴🍴

These meats are sauteed & then mixed up with our Salad, made with Sliced Peppers, Onions, Carrot, Cherry Tomatoes, Cucumber, Coriander & Spring Onion, mixed with our Hot & Sour Dressing.

### PAN FRIED CHICKEN

Sliced Pan-Fried Chicken Breast €14.95

### CRISPY CHICKEN

Crispy Fried Chicken Breast Pieces €14.95

Ask for them Thai-Style to add an extra chilli kick. Salads are served with no side.

## OPTIONS FOR CURRIES & NOODLE DISHES

CHICKEN €14.95	DUCK €16.50
TIGER PRAWNS €15.95	BEEF €17.95
MIXED SEAFOOD €18.95	SEA BASS €18.95

## OPTIONS FOR CURRIES & STIR FRY

ALL CURRIES AND STIR FRIES ARE SERVED WITH STEAMED JASMINE RICE. SWITCH TO FRIED RICE, BROWN RICE OR EGG NOODLES + €1.50

RTG SPICE RATING: 🍴 MILD   🍴🍴 MEDIUM   🍴🍴🍴 HOT

## THAI CURRIES

### MASSAMAN 🍴

A Mild Savoury Curry, flavoured with Star Anise & Cardamom, served with Onion, Fried Baby Potatoes, Roast Cashew Nuts, Beansprouts & Fried Shallots.

### THAI GREEN CURRY 🍴🍴🍴

A Rich & Spicy Curry with Courgettes, Bamboo Shoots, Soya Beans, Peppers & Thai Basil.

## NOODLE DISHES

### PHAD THAI

Rice Noodles stir-fried in our Sweet & Savoury Phad Thai Sauce, along with Egg, Peanuts, Bean Sprouts, Carrots & Scallions, with Crisp Shallots on top

### SINGAPORE NOODLES 🍴

Fine Egg Noodles cooked with Peppers, Onions, Broccoli, Asian Greens, Spring Onions, Bean Sprouts, Carrots & Crisp Shallots on top, along with Malaysian & Indian Spices.

## STIR - FRY DISHES

THESE DISHES ARE USUALLY STIR-FRIED WITH OYSTER SAUCE WHICH IS MILDLY SALTY AND THEN FLAVOURED WITH VARIOUS HERBS & SPICES. OYSTER SAUCE CONTAINS OYSTER EXTRACT AND GLUTEN. WE CAN MAKE OUR STIR FRIES GF OR VEGETARIAN

### SWEET CHILLI (Chicken €14.95 or Prawns €15.95) 🍴

Lightly Battered Prawns or Chicken stir-fried with Cherry Tomatoes, Peppers, Carrots, Basil, Green Beans & our Sweet Chilli Sauce

### CHILLI BASIL (Fillet Beef €17.95 or Mixed Seafood €18.95) 🍴🍴🍴

Spicy Stir Fry made with Peppers, Onions, Green Beans, Spring Onions, Carrots, Basil & a whole lot of Chillies in Oyster Sauce

### CHICKEN CASHEW NUT 🍴🍴

This popular dish comes with Peppers, Mushrooms, Spring Onions, Carrots, Onions, Roasted Cashews & Chilli Paste cooked in Oyster Sauce €14.95

### ASIAN DUCK 🍴

Pieces of sliced Duck Breast stir-fried in Oyster Sauce with Onions, Asian Greens, Peppers, Spring Onions, Carrots, Sesame Oil, Chillies & Bean Sprouts. €16.50

## SIDE DISHES

BROWN RICE €2.25

STEAMED RICE €1.95

EGG FRIED RICE €2.50

EGG NOODLES €2.50

PRAWN CRACKERS €2.95

STIR-FRIED POTATOES €6.95

with Garlic, Spring Onions & Carrots.

STIR-FRIED GREENS €6.95

Pak Choi, Green Beans & Broccoli in Oyster Sauce

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