

# WILDE

## VEGETARIAN & VEGAN

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### STARTERS

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Sweet potato, ginger & coconut soup, toasted seeds,  
brown bread V/VE €13 <sup>1</sup> (wheat, oats), 7

Buffalo milk burrata, roasted winter squash,  
basil pesto & toasted focaccia V €23 <sup>1</sup> (wheat, rye, malt), 7, 8 (pine nut), 10, 12

Heritage beets, St Tola Ash Log, agave syrup, clementines  
& seeded cracker V €20 <sup>1</sup> (barley, oats, wheat), 7, 10, 12

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### SALADS

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Superfood spinach & mixed grain salad, pomelo, pomegranate,  
sesame dressing, toasted cashew nuts VE €20 <sup>1</sup> (wheat), 6, 8 (cashew nut), 10, 11

Endive salad, Cashel Blue cheese, pear, walnuts, wholegrain mustard  
& apple cider vinaigrette V/VE €20 <sup>7, 8</sup> (walnut), 10, 12

*Add avocado €7 / Toons Bridge Halloumi €7 <sup>7</sup>*

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### MAINS

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Kerala coconut curry, aubergine & spinach,  
black mustard seeds & curry leaves VE €31 <sup>10</sup>

Cauliflower risotto, toasted chestnuts & truffle essence V €32 <sup>7, 12</sup>

Gluten-free lentil penne rigate, Pesto alla Genovese,  
fine beans & sun blushed cherry tomatoes VE €26 <sup>8</sup> (pine nut)

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### SIDES

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Potatoes: fries, heritage <sup>(7)</sup>, hand-cut chips or mashed <sup>(7)</sup> V/VE €6

Spinach: steamed, buttered <sup>(7)</sup>, olive oil V/VE €7

Gem heart, tomato & avocado salad V €11 <sup>12</sup>

Steamed tenderstem broccoli, olive oil & lemon VE €9 <sup>12</sup>

French beans, shallots & bacon €7 <sup>7</sup>

Crisp cauliflower, curry aioli, pomegranate & coriander VE €12 <sup>10</sup>

V - Vegetarian | VE - Vegan | V/VE - Vegan alternative available.

List of allergen: 1 Gluten - 2 Crustaceans - 3 Egg - 4 Fish - 5 Peanut - 6 Soy - 7 Dairy & Milk - 8 Nuts - 9 Celery -  
10 Mustard - 11 Sesame - 12 Sulphur Dioxide & Sulphites - 13 Lupin - 14 Molluscs

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