

# WILDE

## VEGETARIAN & VEGAN

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### STARTERS

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Roast tomato & basil soup V/VE €13 <sup>1</sup> (wheat, oats), <sup>7</sup>

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

Heritage beets, whipped St Tola goats curd,  
raspberry sauce & seeded crackers V €20 <sup>1</sup> (barley, oats, wheat), <sup>7, 10, 12</sup>

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### SALADS

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Superfood salad & mixed grains, broccoli, kale, bean sprouts & blueberries,  
sesame & chilli, toasted cashew nuts VE €20 <sup>1</sup> (wheat), <sup>6, 8</sup> (cashew), <sup>10, 11</sup>

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

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

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### MAINS

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Kerala coconut curry, spinach, chickpeas & squash,  
black mustard seeds & curry leaves VE €32 <sup>10</sup>

Wild mushroom risotto, truffle oil & pecorino V €32 <sup>7, 12</sup>

Gluten-free penne rigate, sun blushed cherry tomato pesto,  
fine beans, squash, rocket VE €28 <sup>8</sup> (pine nut)

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### SIDES

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Potatoes: fries <sup>(3, 9, 10, 12)</sup>, heritage <sup>(7)</sup>, hand-cut chips <sup>(3, 9, 10, 12)</sup> or mashed <sup>(7)</sup> V/VE €7

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

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

Mix leaf salad, heirloom tomatoes & feta V €10 <sup>7, 12</sup>

Buttered seasonal vegetables V/VE €7 <sup>7</sup>

Crisp cauliflower, mint & mango sauces, fresh 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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