

THE STUFFED OLIVE MENU

The Stuffed Olive
2a Bridge Street, Bantry, Co. Cork
Tel: 027 55883
Email: thestuffedolive@gmail.com



Salads (min order of 1/2kg | 48 hours' notice required)

Vegetarian

- Potato Salad (contains Mayonnaise, **egg**) (*) **€10 per kg**
- Swedish Potato salad w/ Wholegrain **Mustard**, Sour cream(**milk**), Dill, Mayo (**egg**) & Red Onion (*) **€15 per kg**
- Coleslaw (contains Mayonnaise(**egg**) (*) **€10 per kg**
- Sweet and Sour Cucumber with Dill & **Mustard** Seeds (*) **€17 per kg**
- Sweet and Sour Beetroot with Red Onion and Parsley (*) **€17 per kg**
- Broccoli and Feta Cheese (**milk**) with Sunflower Seeds (*) **€17 per kg**
- Turkish Tabouleh with Beetroot (*) **Wheat €17 per kg**
- Tabouleh Bulgur **Wheat** with Parsley Mint & Lemon **€17 per kg**
- Moroccan Couscous (**wheat**) with Spices, Sultanas, Celery, Green Peppers & Coriander **€17 per kg**
- Bulgur **Wheat** w/ Chickpeas, Semi Sun-dried Tomatoes, Shaved Parmesan (**milk**), & Coriander **€17 per kg**
- Puy Lentils, Chargrilled Courgettes & Scallions w/Feta Cheese(**milk**)& Semi Sun-dried Tomatoes (*) **€17 per kg**
- Mixed Bean salad in a Curry Dressing (*) **€17 per kg**
- Penne Pasta (**wheat, egg**) with Basil Pesto (**milk**) **€17 per kg**
- Ricotta & Spinach Tortellini (**wheat, egg, milk**) with Basil, Lemon, Sun-dried Tomatoes & Olive Oil **€17 per kg**
- Sweet Potato with Chorizo (**wheat**), Rocket, Sun-dried Tomatoes & Feta Cheese (**milk**) **€17 per kg**
- Carrot with Roasted **Sesame**, Poppy & Pumpkin seeds (*) **€17 per kg**
- Carrot, Cranberry, **Walnut** with Orange & Flat Leaf Parsley (*) **€17 per kg**
- Chickpeas w/ Semi Sun-dried Tomatoes, Parmesan (**milk, egg**) Olives, Lemon, Chives, Parsley & Olive Oil (*) **€17 per kg**
- Quinoa cooked in Turmeric & Spices with Pomegranate, Sultanas & Sunflower Seeds **€17 per kg**

Meat / Fish

- Asian Noodle Salad with Chicken, (**wheat, soy, peanuts, sesame**) **€20 per kg**
- Smoked Chicken with Mushrooms, Rocket, Balsamic & Parmesan (**milk**) shavings (*) **€25 per kg**
- Salmon (**fish**) with Dill and Lemon (contains mayonnaise, **egg**) (*) **€30.00 per Kg**
- Confit Duck with Lentils, red cabbage and raspberry dressing (*) **€25 per kg**
- Coronation Chicken (**almonds, egg**) with Apricots (*) **€25 per kg**
- Dressed Salmon (**fish**) (*) **€75 per whole Salmon**

Cancellation policy:

Cancellations / changes **must** be made **48 hours** before the date the food is ordered for or there will be a charge of 50% of the order. 24 hours before the date there will be 100% charge.

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Breads & Sides (48 – 72 hours' notice required)

- Home-made Basil Pesto (sunflower seeds and parmesan (**milk, egg**)) (*) **€30 per kg**
- Rocket Pesto (**pinenuts** and parmesan (**milk, egg**)) (*) **€30 per kg**
- Hummus (**sesame**) (*) **€18 per kg**
- Black Olive Tapenade(**fish**) (*)/ Roasted Red Pepper Pate (**milk**) (*) **€25 per kg**
- House Dressing (**mustard**) (*) **€3.75 per 375 ml**
- Brown Bread (**wheat, egg, milk**) €2.95 / Oat Bread (**oats, egg, milk**) **€2.95**
- Quinoa and Seed Bread (*) **€4.25**
- Wholemeal Spelt (**wheat**) **€3.95** (only available on Fridays & Saturdays)
- Sourdough (**wheat**) **€3.95** (only available on Fridays & Saturdays)
- Beetroot Pumpkin Fennel & Caraway Spelt Soda Bread (**milk**) **€3.95**
- Savoury Scones (Cheddar Cheese and Chive) (Brie and Sun-Dried Tomato) (Brown with Poppy Seeds) (**wheat, egg, milk**) **€15 per 12 (€1.50 each)** (min order of 12)
- Scallion Mash (**milk**) (*) **€3.00 per portion** (min order of 12)
- Cheesy Garlic Potatoes (**milk**) (*) **€3.50 per portion** (min order of 12)

Hot dishes (min order of 12 portions | 7 days notice required)

Meat dishes € 5.95 per portion

- Chicken Fillet in a Garlic Mushroom and Cream Sauce (**milk, wheat**)
- Gratin of Chicken with Broccoli (**milk, wheat**)
- Singapore Chicken Curry (*) (**mustard**)
- Normandy Pork with Apples (*) (**milk**)
- Chilli Con Carne (*)
- Beef Stroganoff (*) (**cream, mustard**) (contains brandy)
- Beef and Guinness stew (**barley**)
- Thai Beef Red Curry
- Cottage Pie (*) (**milk**)
- Beef Lasagne (**wheat, egg, milk**)
- Traditional Irish Lamb stew (**celery, wheat**)
- Tagine of Lamb (*)

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Vegetarian dishes €5.95 per portion

- Aubergine Chickpea and Mushroom Tagine (*)
- African Sweet Potato and Spinach Stew (*) (**peanuts**)
- Vegetarian Lasagne (**wheat, egg, milk**)

Fish dishes €8.90 per portion

- Smoked Salmon and Potato Bake (**fish, milk**) (*)
- Cod, Leek and Spinach Gratin (**fish, wheat, milk**)
- Seafood Pie (*) (**fish, milk**)

Quiches & Tarts (48 hours' notice required)

- Quiche Lorraine (**milk, egg, wheat**) 8" €8.50 / 12" €17.00
- Broccoli, Cheddar Cheese and Onion Quiche (V) (**milk, egg, wheat**) 8" €8.50 / 12" €17.00
- Salmon & Dill (**fish, milk, egg, wheat**) 8" €8.50 / 12" €17.00
- Brie, Black Olive & Sun-Dried Tomato Quiche (V) (**milk, egg, wheat**) 8" €8.50 / 12" €17.00

Other quiches available on request

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Homemade Sandwiches (min order of 12 | 5 days' notice required)

All of our sandwiches are served on homemade bread baps with fresh and local ingredients where possible.

Meat €6.00 each

- Smoked Chicken with rocket & parmesan.
- Marinated fillet of chicken with rocket, lemon aioli, stuffing & mixed leaves.
- Fillet of chicken in Cajun seasoning with Raita dressing & mixed leaves.
- Smoked Chicken with honey and mustard dressing.
- Fillet of chicken marinated in Thai green sauce with grated carrot & mixed leaves.
- Roast turkey with rocket roast tomatoes, fresh basil and avocado.
- Slow-cooked brisket of beef, a Bourbon BBQ sauce mixed leaves & a fennel red & white cabbage slaw.
- Baked loin of ham, with honey and orange glaze with mixed leaves gherkins and apple compote.
- Skeagnahore duck confit leg with brie and cranberry mayo.
- Five spice slow cooked beef brisket with sauerkraut.
- Pulled pork with mixed leaves and charred pineapple.
- Pulled pork with salsa Verde & mixed leaves
- A Reuban: Corned beef with cheddar cheese and thousand island dressing.

Fish €6.50 each

- Smoked Salmon with capers, cucumber and lemon aioli.
- Thai fish burger with lemon aioli.
- Tuna and Risotto burgers with roasted red pepper and tomato mayo. (€6.00)

Vegetarian €5.50 each

- Courgette & Quinoa burgers with Beetroot hummus.
- Carrot and chickpea burgers with hummus and yoghurt.
- Roast pepper with feta rocket and sun dried tomato mayo.

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Desserts (72 hours' notice required)

- Fresh Fruit Meringue Roulade (**milk, egg**) (*) **€15.00 - €40.00** (serves approx. 6-10 people)
- Cheesecakes (**milk, wheat**) **7" €12.50 / 9" €25** (Baileys/Malteaser/Orange and Passion Fruit/Lemon/Strawberry) contains gelatine
- Sticky Toffee Roulade (**milk, wheat, egg**) **€15.00- €40.00** (serves approx. 6-10 people)
- Raspberry and White Chocolate Brownie (**milk, egg, soya**) (*) **€25**
- Chocolate Brownie (**milk, egg, soya**) (*) **€25** (Small Tray bake **€5.95**)
- Chocolate & Raspberry Mousse Cake (Heavens) (**milk, wheat, egg**) **4" €10.00**
- Chocolate Mousse Cake (**milk, wheat, egg**) **8" €16.00**
- Apple & Blackberry Crumble / Rhubarb & Strawberry Crumble (**wheat, milk**) **8" €5.95**
- Apple Tart (**wheat, milk, egg**) **8" €5.50 / €12.00**
- Almond Frangipani Tarts: Pear /Raspberry / Plum & Pistachio/ Blueberry **8" €10.50**
- Individual almond tartlets **€3.50** (**wheat, milk, egg**)
- Bakewell Tart (**wheat, milk, egg, almonds**) **8" €12.50 / 9" €16.50**
- Lemon Meringue Pie (**wheat, milk, egg**) **8" €11.50**
- Lemon & Raspberry Bavarois (**milk, egg**) (*) **8" €18.00** contains gelatine
- Home-Made plain **or** chocolate Sponge filled with Strawberries & Cream Birthday / Anniversary style cake (**milk, egg**) (*)
 - **8" round €18.00** (serves approx. 8 - 14 people)
 - **9" round €25.00** (serves approx. 10 – 18 people)
 - **10" square €45** (serves approx. 20 – 25 people)
 - **12" square €65** (serves approx. 30 – 40 people)
 - These can also be made as madeira (vanilla / coffee / chocolate / lemon) cake with butter-icing **€ prices as above**
- Chocolate Olive Oil Cake (**egg, soya, almonds**) (*) **8" €9.95 / 9" €25.00**
- Chocolate Gateau filled with Chocolate Buttercream (**wheat, milk, egg**) **9" €25.00**
- White Chocolate & Raspberry Gateau (**milk, egg**) (*) **8" €18.00**
- Raspberry Red Velvet cake with Cream Cheese Frosting (**wheat, milk, egg**) **8" €18.00**
- Raspberry & Strawberry Mousse Gateau (**milk, egg**) (*) **8" €18.00**
- Black forest Gateau (**milk, egg, soya**) (*) **8" €18.00 / 9" €25.00**
- A selection of 8" cakes: Coffee, Lemon Madeira, Lemon Polenta (*), Rosewater & Pistachio (*), Chocolate, Seriously Rich Chocolate (*), Moroccan Orange (*), Carrot (*) Porter & others **from €7.95 - €9.95 each**
- Chocolate/Coffee/Raspberry Éclairs filled with Crème Patisserie (**wheat, milk, egg**) **€2.50** (min order of 6)
- Butterfly Buns (**wheat, milk, egg**) **€2.50 each** (min order of 12)
- Raspberry/Pistachio Macaroons (*) **€2.50 each** (min order of 12)
- A selection of individual buns & tray bakes also available ranging in price from **€2 to €3.50** (min order 12)

(*) – made with gluten-free ingredients, but cannot be guaranteed gluten-free due to possible cross-contamination. New EU legislation came into effect in Ireland on 1st January 2012 regarding the labelling of gluten-free foods. Where previously a gluten-free food item was allowed to contain small amounts of gluten (up to a max. of 200ppm or 200 mg per Kg), this amount was reduced to 20ppm (or 20 mg/Kg).

**Please be aware prices are subject to change.
A deposit may be required.**

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