



# Your menu



WESTBOUND

# Welcome on board

You're very welcome on board.  
Sit back, relax and we'll look after you.

In your hands is our seasonal menu,  
with every dish tailor-made to make  
your time in the skies extra special.

Whether you want a lighter, healthier  
meal or to indulge in comfort food,  
we've got great options for you. Each  
dish is designed with your needs in  
mind. You'll see delicious vegetarian  
meals packed full of flavour, plus lots  
more tasty snacks.

As part of our goal to reach net-zero  
carbon emissions by 2050, we've  
carefully considered where all the  
food you'll enjoy today has been  
grown, raised and caught.

And of course Irish flavours remain  
at the heart of our menu. We hope  
you enjoy it.



# Wines

## RED WINES

**Tinto Sobre Lias, 2022, Bodega Care,  
Cariñena DOP, Northern Spain** <sup>(14)</sup>

A complex and appealing 75% grenache and 25% syrah blend aged for three months in oak barrels. This delightfully textured red is full of raspberries and blackberries with a faint, yet insistent, aroma of spice.

**Four Growers Shiraz, 2021, Southern Australia** <sup>(7, 14)</sup>

Bursting with rich red fruit and a slight peppery note, the initial flavours eventually give way to a satisfying oaky finish. This wonderful southern Australian 100% shiraz is the perfect foil for rich, hearty dishes.

## WHITE WINES

**Whakapapa Farm Sauvignon Blanc, 2023,  
Auckland, New Zealand** <sup>(14)</sup>

This New Zealand sauvignon blanc blend is green and fresh with lime and gooseberry, mellowed with flavours of tropical fruit. The grape's vibrancy is preserved thanks to cool stainless steel fermentation.

**Blanco Sobre Lias, 2022, Bodega Care,  
Cariñena DOP, Northern Spain** <sup>(14)</sup>

Refreshing, balanced and appealing, boasting flavours of green apple, pineapple and a burst of citrus. Enjoy a mouthfeel full of volume and texture as you drink this 50% grenache blanc and 50% chardonnay handmade wine.

## CHAMPAGNE

**JM Gobillard et Fils Tradition Brut, France** <sup>(14)</sup>

This elegant champagne comes from an excellent quality producer in the village of Hautvillers, between Taittinger and Dom Pérignon. It is full-bodied and balanced with notes of ripe apples, white flowers, brioche and gingerbread. Made with 35% pinot noir, 25% meunier and 30% chardonnay grapes, the palate is fleshy, ample, fresh and long on the finish.

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## Main meal

### STARTERS

Melt-in-the-mouth smoked salmon alongside crisp  
samphire tossed in a citrusy dressing with tender  
clams and marinated cherry tomatoes (5, 7, 8, 13, 14)

Or

Cream of roast parsnip and seasonal apple soup  
topped with a buttery Cashel Blue cheese crumb (2A, 7)

Ask about our tasty bread options and choose your favourite

### ENTRÉES

Skin-on thyme and parsley chicken supreme on pea  
purée mashed potato, with roasted cauliflower florets  
and a tomato chicken jus on the side (2A, 7)

Flaky pan-fried hake on toasted fregola pasta and corn  
kernels with wilted cavolo nero cabbage and a lightly  
smoked fish chowder sauce (1, 5, 7, 8, 14)

Rich root vegetable and pearl barley stew, roasted  
portobello mushroom, charred baby leek and colcannon  
mashed potato (2A, 2C, 13)

### Seasonal salad with all mains

Salad of white chicory, red chard, beetroot and pickled  
baby pear on a bed of horseradish mayonnaise (4, 9, 14)

### DESSERT

Light and fluffy lemon cream mousse dome layered  
over a vanilla sponge and drizzled with a zesty lemon  
curd sauce\* (2A, 4, 7, 13)

Or

Irish cheese board, featuring farmhouse blue and  
cheddar cheeses, Burren Balsamics Onion Jam  
and Peter's Yard Sourdough Crackers (2A, 2B, 7, 14)

### Allergens

1 Celery, 2 Gluten (2A Wheat, 2B Rye, 2C Barley, 2D Oats), 3 Crustaceans,  
4 Eggs, 5 Fish, 6 Lupin, 7 Milk, 8 Molluscs, 9 Mustard, 10 Nuts, 11 Peanuts,  
12 Sesame, 13 Soybeans, 14 Sulphur Dioxide and Sulphites  
Please note, menu dishes are made in a kitchen handling all 14 allergens  
\*Made in a kitchen handling nuts, gluten, eggs and sulphites

## Before you land

Cajun-spiced blackened chicken slider with Emmental  
cheese and tomato in a milk bread bun, served with  
a sweet potato mustard salad and a dill pickle (2A, 7, 9, 13, 14)

Or

Celeriac fennel rosti slider with beetroot and smoked  
paprika mayo in a milk bread bun, served with a sweet  
potato mustard salad and a dill pickle (1, 2A, 4, 9, 14)

### A delicious trio of sweet treats

Chocolate brownie with a whiskey glaze (2A, 4, 7, 13)

Dainty vanilla tea cake with raspberry and cream (2A, 4, 7, 13)

White chocolate and raspberry mousse profiterole (2A, 4, 7, 13)

Tea or coffee

### FEELING PECKISH?

There's a lovely selection of snacks  
and treats waiting for you in the galley.  
Simply help yourself.

