

# WILDE

## VEGETARIAN & VEGAN

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### STARTERS

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Roast tomato soup & spring vegetables V/VE €13 1 (wheat, oats), 7, 9

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

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

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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 1 (wheat), 6, 8 (cashew), 10, 11

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

*Add avocado €7 / Toons Bridge Halloumi €7 7*

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### MAINS

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Kerala coconut curry, spinach, chickpeas & green beans,  
black mustard seeds & curry leaves VE €32 10

Wild mushroom risotto, truffle oil & pecorino V €32 7, 12

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

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### SIDES

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Potatoes: fries (3, 9, 10, 12), heritage (7), hand-cut chips (3, 9, 10, 12) or mashed (7) V/VE €6.5

Steamed tenderstem broccoli, chili & lemon VE €9 12

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

Mix leaf salad, heirloom tomatoes & feta V €10 7, 12

Buttered seasonal vegetables V/VE €7 7

Crisp cauliflower, mint & mango chutney, fresh coriander VE €12 10

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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