



# Your menu



EASTBOUND

# 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, including melatonin-rich foods to help you get a good night's rest. 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 and raised.

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

### EXPRESS TRAY

Prefer to settle down to sleep sooner?  
We recommend our express tray:

Hearty root vegetable soup and a drizzle  
of fragrant celery leaf pistou (1, 7)

Salad of mixed leaves, tomatoes, cucumber, sunflower  
seeds and goat's cheese with a balsamic reduction (7, 14)

Vanilla custard and cinnamon apple tart finished  
with a crunchy vanilla butter crumble (2A, 2C, 4, 7)

### STARTER

Saffron-poached prawns and mizuna lettuce on a  
carrot ginger purée, garnished with vibrant pickled  
red onions (1, 3, 7, 14)

Or

Hearty root vegetable soup and a drizzle  
of fragrant celery leaf pistou (1, 7)

Ask about our tasty bread options and choose your favourite

### ENTRÉES

Herb-infused roasted pork tenderloin, creamy polenta,  
blanched tenderstem broccoli, diced caramelised butternut  
squash and a thyme jus (1, 7, 13, 14)

Citrus-marinated centre-cut salmon alongside ginger  
and orange black rice, sautéed oyster-glazed Chinese kale  
and a delicate lemon saffron sauce (2A, 5, 7, 8, 9, 13, 14)

Golden tofu in a lightly-spiced massaman vegetable  
curry with blanched pak choi and jasmine rice (13, 14)

### DESSERT

Vanilla custard and cinnamon apple tart finished  
with a crunchy vanilla butter crumble (2A, 2C, 4, 7)

Or

European-inspired cheese board with manchego  
and gouda cheeses, crackers and a sharp quince  
chutney (2A, 2C, 2D, 7, 13)

### 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

## Breakfast

Energising forest fruit, mint and açai yogurt smoothie (7)

Bircher muesli packed with dried fruit and topped  
with a compressed apple slice and toasted  
coconut shavings (2D, 7, 14)

Our famously tasty bacon roll (2A, 2C, 7, 12, 13)

Tea or coffee

### FEELING PECKISH?

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

