



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 local Irish produce
remain at the heart of our menu.
We hope you enjoy it.

Wines

RED WINES

**Assobio Tinto, 2021, DOC Douro,
Quinta Dos Murças by Esporão, Portugal ⁽¹⁴⁾**
Ruby-coloured blend of three indigenous Portuguese grapes.
Start off with scents of red berry fruit, aromatic spices and
creamy vanilla. Savour a fresh, yet elegant, balance of fruits
and silky tannins with a perfectly balanced acidity on the finish.

**Finca Bancales, 2019, Bodega Care,
Cariñena DOP, Northern Spain ⁽¹⁴⁾**
Smooth, full-bodied 100% grenache red. Breathe in dark
blackcurrant and plum fruits, with a warm toastiness and
a mocha complexity. Relish a rounded texture, balanced
with smooth tannins and spiced flavours.

WHITE WINES

**Amsela d'Oro Chardonnay, 2023, Trentino DOC,
Cantina di Trento, Northern Italy ⁽¹⁴⁾**
This complex chardonnay's grapes are grown on the very
best vineyards on the hillsides around Trento. An intense,
fruity aroma with hints of banana and apple. Then on the
palate, enjoy a lovely, rounded creaminess.

**Nuit Blanche, 2022, Domaine La Cendrillon,
AOP of Corbières, Languedoc, France ⁽¹⁴⁾**
Breathe in an intense fragrance of orchard fruit, citrus
and white peach, alongside subtle, floral notes. With
a very smooth and mouth-filling texture, taste delicate
hints of pastries that harmonise with mineral undertones.

CHAMPAGNE

Jean Pernet Tradition Brut NV Champagne, France ⁽¹⁴⁾
This fine champagne has a lightly toasted nose with
exceptional freshness and floral notes. Its delightfully
crunchy palate is followed by a long-lasting finish. A blend
of 50% pinot noir, 40% chardonnay and 10% pinot meunier,
this cuvée tradition is truly elegant.

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 local Irish produce
remain at the heart of our menu.
We hope you enjoy it.

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

Local 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

Flying to San Francisco, Los Angeles or Seattle? You can also enjoy...

Roasted chicken skewer in a sticky chilli garlic sauce (2C)

Or

Roasted plant-based skewer in a sticky chilli garlic sauce (2C)

FEELING PECKISH?

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

