

TOP 5 HEALTHY OPTIONS

1. **Greek Salad**
(286 calories, 13g fat, 23g carb, 15g protein)
2. **Baby Bok Choy with Braised Shiitake and Brown Rice**
(198 calories, 5g fat, 33g carb, 6g protein)
3. **Spicy Thai Prawn Tamarind Skewers**
(153 calories, 1g fat, 20g carb, 12g protein)
4. **Tangy Thai Chicken Salad**
(257 cal, 2g fat, 8g carb, 47g protein)
5. **Wok Fried Blackbean Chicken with Brown Rice**
(462 cal, 23g fat, 16g carb, 50g protein)

NUTRITIONAL INFORMATION

In the interest of promoting better health for our clients, all Clarion menus have been extensively valued and analysed by nutritional expert Sherry Boxal. Sherry is a fully qualified therapist and is the founder of Absolute Nutrition. Sherry is also the resident nutritional therapist for sante medispa and provides nutritional training for system slim Ireland. For further information go to www.absolutenutrition.ie

Helpful Hints

Try substituting brown rice for white. Brown rice has a much lower GI (Glycemic Index) and is full of essential vitamins and minerals.

Coeliac

Did you know that there are more Coeliac people in Ireland than in anywhere else in Europe? Because of this, Kudos is happy to offer a selection of wheat free, gluten free meals. Just look for the C!

(V) denotes items which may be made vegetarian.

Recommended calorie intake per day:

male - 2800 calories per day
female - 2000 calories per day

KUDOS

RESTAURANT LUNCH MENU



SOUPS

- Chicken Noodle Laksa** €5.25
south east Asian spicy noodle soup with chillies, beansprouts and coriander
- Home Made Soup of The Day** €6.95
fresh chefs homemade soup served with sliced country brown wheaten loaf bread

STARTER BITES

- Longboat Five Spice Calamari** €8.95
crisp calamari with five spice coating on a bed of scallion and beansprout, lime wedge and a cool dipping sauce
- Malaysian Satay Delights** €8.50
traditional Malaysian bbq chicken, marinated in kaffir lime served with roasted peanut coconut sauce
- Asian Chilli Chicken Wings** €8.50
hoisin, chilli and plum flavoured tangy chicken wings with a hint of fresh ginger topped with sesame seeds
- Spicy Thai Prawn Tamarind Skewers** €8.50
Pacific king prawns marinated in a sweet and sour tamarind marinade, skewered and roasted with a Thai salad
- Hanoi Vegetable Samosas** €7.95
combination of Asian greens, glass noodles, aromatic herbs, galangal and turmeric served on a bed of crunchy beansprouts and mixed leaves
- Healthy Option Greek Salad** €7.95
crunchy cos lettuce, kalamatra black olives, feta cheese and sundried tomatoes in a light dressing

FROM THE RED HOT WOK

- The Crying Tiger (C)** €13.95
sautéed pacific prawns simmered in coconut, galangal, mixed vegetables, fresh chillies, infused with aromatic Thai herbs and steamed rice
- Wok-fried Blackbean Chicken** €12.95
sautéed chicken strips in a simply delectable blackbean sauce with mushrooms, beansprouts bamboo shoots served with steamed rice
- Black Bok Choy with Braised Shiitake (C,V)** €11.95
stir fried bok-choy with garlic and braised shiitake mushrooms in a light oyster sauce garnished with red chillies served with steamed rice

V can be adapted for vegetarians C suitable for Coeliacs

 mild  getting there  watch out

NOODLES AND RICE

- Chilli Chicken Chow Mein (V)** €11.95
wok-fried fine egg noodles in a chilli soya sauce with sautéed Asian vegetables, topped with sliced turmeric crispy chicken
- Singapore Noodles (V)** €11.95
fine egg noodles with chicken, tiger prawns, soy sauce, beansprouts, banana chilli, coriander and roasted turmeric
- Ayam Panggang** €11.75
crisp-fried breast of chicken in a turmeric batter served with steamed rice and spiced satay sauce

KUDOS CURRY CORNER

- Kudos "Best Ever" Curry** €12.95
combo of chicken and beef cooked in turmeric coconut curry sauce with aromatic Thai herbs and steamed rice
- Kampung Rendang Lamb Curry (C)** €13.95
traditional Malaysian lamb curry in a coconut milk with lemongrass, kaffir lime, curry leaves and saffron rice

FROM THE GRILL

- 8oz Classic Hickory Burger** €12.95
classic beef burger on a flour bap with crisp hickory bacon, melted duo of grated cheese, salad garnish and fries
- Grilled Fresh Fillet of Seabass (C)** €14.95
on a scallion and cherry tomato risotto with a salsa of ginger, chive, shallot and lime garnish
- Tangy Thai Chicken Salad** €8.95
strips of tangy chicken with a colourful vegetable salad with lemon juice and sweet chilli dressing

SIDE ORDERS

- Brown Rice** €3.75
- Fresh Mixed Vegetable** €4.75
- Baby Potatoes** €3.00
- Oriental Stir Fry Vegetables** €3.75
- Garlic and Saffron Fried Rice** €3.75
- Shoestring Fries** €3.50
- Mixed Salad** €3.50

selection of desserts available on request

Note: please advise us if you are allergic to any of our food ingredients. If you have any specific dietary needs please have a chat with any member of the Kudos team.

Selected half portions are available for children at half the listed dish price.