

THE STUFFED OLIVE MENU

The Stuffed Olive
2a Bridge Street, Bantry, Co. Cork
Tel: 027 55883
Email: thestuffedolive@gmail.com



Salads (min order of 1/2kg | 72 hours' notice required)

Vegetarian (please ask for vegan options)

- Potato Salad (contains Mayonnaise, (egg)) (*) **€10 per kg**
- Swedish Potato salad w/ Wholegrain **Mustard**, Sour cream (milk), Dill, Mayo (egg) & Red Onion (*) **€17 per kg**
- Coleslaw (contains Mayonnaise(egg)) (*) **€10 per kg**
- Sweet and Sour Cucumber with Dill & **Mustard** Seeds (*) **€17 per kg**
- Sweet and Sour Beetroot with Red Onion and Parsley (*) **€17 per kg**
- Broccoli and Feta Cheese (milk) with Sunflower Seeds (*) **€17 per kg**
- Tabbouleh with Bulgur (wheat) with Parsley Mint & Lemon **€17 per kg**
- Moroccan Couscous (wheat) with Spices, Sultanas, Celery, Green Peppers & Coriander **€17 per kg**
- Bulgur **Wheat** w/ Chickpeas, Semi Sun-dried Tomatoes, Shaved Parmesan (milk), & Coriander (nuts) **€17 per kg**
- Puy Lentils, Chargrilled Courgettes & Scallions w/Feta Cheese (milk) & Semi Sun-dried Tomatoes (*) **€17 per kg**
- Mixed Bean & Roasted Red Pepper salad in a Curry Dressing (*) **€17 per kg**
- Penne Pasta (wheat, egg) Peppers & onions with Basil Pesto (milk, nuts) **€17 per kg**
- Ricotta & Spinach Tortellini (wheat, egg, milk, nuts) with Basil, Lemon, Sun-dried Tomatoes & Olive Oil **€17 per kg**
- Carrot with Roasted **Sesame**, Poppy & Pumpkin seeds (*) **€17 per kg**
- Carrot, Cranberry, **Walnut** with Orange & Flat Leaf Parsley (*) **€17 per kg**
- Chickpeas w/ Semi Sun-dried Tomatoes, Parmesan (milk, egg) Olives, Lemon, Mint, Parsley & Olive Oil (*) **€17 per kg**
- Quinoa cooked in Turmeric & Spices with Pomegranate, Sultanas & Sunflower Seeds (*) **€17 per kg**
- Quinoa with Butternut Squash, feta (milk), almonds (nuts) & flat leaf parsley (*) **€17 per kg**
- Quinoa Tabbouleh with carrot, cashews, (nuts) preserved lemons and flat leaf parsley (*) **€17 per kg**

Meat / Fish

- Sweet Potato with Chorizo (wheat), Rocket, Sun-dried Tomatoes & Feta Cheese (milk) **€17 per kg**
- Asian Noodle Salad with Chicken, (wheat, soy, peanuts, sesame) **€20 per kg**
- Smoked Chicken with Mushrooms, Rocket, Balsamic & Parmesan (milk) shavings (*) **€25 per kg**
- Salmon (fish) with Dill and Lemon (contains mayonnaise, egg) (*) **€30.00 per Kg**
- Confit Duck with Lentils, red cabbage and raspberry dressing (*) **€25 per kg**

Breads & Sides (72 hours' notice required)

Minimum order on certain items required

- Home-made Basil Pesto (sunflower seeds and parmesan (milk, egg, nuts) (*) **€30 per kg**
- Hummus (sesame) (*) **€18 per kg**
- Black Olive Tapenade (fish) (*)/ Roasted Red Pepper Pate (milk) (*) **€25 per kg**
- House Dressing (mustard) (*) **€3.75 per 375 ml**
- Brown Bread (wheat, egg, milk) €2.95 / Oat Bread (oats, egg, milk) **€2.95**
- Quinoa and Seed Bread (*) **€4.25**
- Sourdough (wheat) **€3.95** (only available on **Fridays**)
- Plain Scones / Fruit Scones / Lemon & Poppy Seed (min order of 12) **€12 per 12 (€1 each)**
- Savoury Scones (Cheddar Cheese and Chive) (Brie and Sun-Dried Tomato) (Brown with Poppy Seeds) (wheat, egg, milk) **€15 per 12 (€1.50 each)** (min order of 12)
- Scallion Mash (milk) (*) **€3.50 per portion** (min order of 6)
- Cheesy Garlic Potatoes (milk)(*) **€3.95 per portion** (min order of 6)

Cancellation policy:

Cancellations / changes **must** be made **48 hours** before the date the food is ordered for or there will be a charge of 50% of the order. 24 hours before the date there will be 100% charge.

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Hot dishes (min order of 12 portions of the same dish | 7 days notice required)

Meat dishes € 5.95 per portion

- Chicken Fillet in a Garlic Mushroom and Cream Sauce (**milk, wheat**)
- Gratin of Chicken with Broccoli (**milk, wheat**)
- Singapore Chicken Curry (*) (**mustard**)
- Normandy Pork with Apples (*) (**milk**)
- Chilli Con Carne (*)
- Beef Stroganoff (*) (**cream, mustard**) (contains brandy)
- Beef and Guinness stew (**barley**)
- Cottage Pie (*) (**milk**)
- Beef Lasagne (**wheat, egg, milk**)
- Traditional Irish Lamb stew (**celery, wheat**)
- Tagine of Lamb (*)

Vegetarian dishes €5.95 per portion

- Aubergine Chickpea and Mushroom Tagine (*) (Vegan)
- African Sweet Potato and Spinach Stew (*) (**peanuts**) (vegan)
- Cauliflower Dahl (vegan)

Fish dishes €7.50 per portion

- Cod, Leek and Spinach Gratin (**fish, wheat, milk**)
- Seafood Pie (*) (**fish, milk**)

Quiches & Pies (48 hours' notice required)

- Quiche Lorraine (**milk, egg, wheat**) 8" **€8.95**
- Broccoli, Cheddar Cheese and Onion Quiche (V) (**milk, egg, wheat**) 8" **€8.95**
- Brie, Black Olive & Sun-Dried Tomato Quiche (V) (**milk, egg, wheat**) 8" **€8.95**
- Goats Cheese & Spinach & red Pepper (V) (**milk, eggs, wheat**) 8" **€8.95**
- Chicken & Mushroom Pie (**milk, eggs, wheat**) 8" **€9.95**
- Chicken & Leek Pie (**milk, eggs, wheat**) 8" **€9.95**
- Beef & Mushroom Pie (**milk, eggs, wheat**) 8" **€9.95**

Mini Quiches & Pies available €4.50 each min order of 6 of each flavour

Other quiches & Pies available on request

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Desserts (72 hours' notice required)

- Fresh Fruit Meringue Roulade (**milk, egg**)(*) **€20.00 - €40.00** (serves approx. 6-10 people)
- Cheesecakes (**milk, wheat**) **7" €15 / 9" €30 (Baileys/Malteaser/Orange and Passion Fruit/Lemon/Strawberry)** contains gelatine
- **Baked Cheesecakes available on request from 8" €20**
- Sticky Toffee Roulade (**milk, wheat, egg**) **€20.00- €40.00** (serves approx. 6-10 people)
- Raspberry and White Chocolate Brownie (large tray) (**milk, egg, soya**) (*) **€30 / €37.50 with icing**
- Salted Carmel & Chocolate Tart (**wheat, milk, eggs, soya lecithin**) **9" €16.50**
- Oreo Chocolate Truffle Tart (**wheat, milk, eggs, soya lecithin**) **9" €16.50**
- Pistachio & Raspberry Frangipane Tart (**wheat, milk, eggs, soya lecithin (in pastry) nuts**) **9" €16.50**
- Chocolate Brownie (large tray) (**milk, egg, soya**) (*) **€30 / €37.50 with icing** (Small Tray bake **€5.95**)
- Chocolate & Raspberry Mousse Cake (Heavens Bakery, Bandon) (**milk, wheat, egg**) **4" €10.00**
- Chocolate Mousse Cake (Heavens Bakery, Bandon) (**milk, wheat, egg**) **8" €16.00**
- Apple & Blackberry Crumble / Rhubarb & Strawberry Crumble (**wheat, milk**) **8" €5.95** (vegan & diabetic option available)
- Apple Tart (**wheat, milk, egg**) **8" €5.50**
- Almond Frangipani Tarts: Pear /Raspberry / Plum & Pistachio/ Blueberry (**wheat, milk, egg**) **8" €10.50**
- Individual almond tartlets (flavours as above) (**wheat, milk, egg**) **€3.50 each (min order of 6)**
- Bakewell Tart (**wheat, milk, egg, almonds**) **8" €12.50**
- Lemon Meringue Pie (**wheat, milk, egg**) **8" €12.95**
- Lemon & Raspberry Bavarois (**milk, egg**)(*)**8" €20** contains gelatine
- Home-Made plain or chocolate Sponge filled with Strawberries & Cream Birthday / Anniversary style cake (**milk, egg**)(*)
 - **8" round €27.50** (serves approx. 8 - 14 people)
 - **9" round €37.50** (serves approx. 10 – 18 people)
 - **10" square €60** (serves approx. 20 – 25 people)
 - **12" square €80** (serves approx. 30 – 40 people)
 - These can also be made as madeira (vanilla / coffee / chocolate / lemon) cake with butter-icing **€ prices as above**
– **Prices can vary for Italian buttercream / baileys icing etc**
- Chocolate Olive Oil Cake (**egg, soya, almonds**) (*) **8" plain €9.95 / with writing €12.95 / decorated (please note that this cake cannot be iced in the middle) €20 / 9" decorated €37.50**
- Chocolate Gateau filled with Chocolate Buttercream (**wheat, milk, egg**) **9" €37.50**
- Red Velvet cake with Cream Cheese Frosting (**wheat, milk, egg**) **8" €27.50**
- Raspberry & Strawberry Mousse Gateau (**milk, egg**) (*) **8" €27.50**
- Black forest Mousse Gateau (**milk, egg, soya**) (*) **8" €27.50 / 9" €37.50**
- A selection of 8" cakes: Coffee, Lemon Madeira, Lemon Polenta (*) Chocolate, Moroccan Orange (*), Carrot (*) Porter & others **from €7.95 - €9.95 each**
- Chocolate/Coffee/Raspberry Éclairs filled with Crème Patisserie (**wheat, milk, egg**) **€2.50** (min order of 6)
- Butterfly Buns (**wheat, milk, egg**) **€2.50 each** (min order of 12)
- A selection of individual buns & tray bakes also available ranging in price from **€2 to €4.50** (min order 12)

(*) – made with gluten-free ingredients, but cannot be guaranteed gluten-free due to possible cross-contamination. New EU legislation came into effect in Ireland on 1st January 2012 regarding the labelling of gluten-free foods. Where previously a gluten-free food item was allowed to contain small amounts of gluten (up to a max. of 200ppm or 200 mg per Kg), this amount was reduced to 20ppm (or 20 mg/Kg).

Wedding Cakes (2 months' notice required)

Prices & flavours available on request

Please note we do NOT do fondant / novelty cakes

Minimum price for tiered cake is €150

Delivery and assembly is extra (mileage dependant, starting at €50). West Cork delivery only

Please be aware prices are subject to change.

A deposit may be required.

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