

Tenoo

MENU

STARTERS

(Mediterranean & Portuguese)

Kufa (Beef) [9α] (New)

Minced beef pieces pan-fried in oil with fresh herbs,
served with mild chilli sauce on the side.

€7.95

Chicken Shish [7α, 9α]

4 x pieces of boneless chicken fillet, marinated with saffron & coconut,
served with mango sauce on the side.

€7.95

Prawns Pil Pil [1α, 2, 4] (New)

Fresh prawns pan-fried in olive oil, fresh garlic, yellow & red chilis,
served with fresh naan bread.

€8.95

Portuguese Wings [7α]


4 x Grilled chicken wings, in a flavour of your choice (piri piri, lemon herb or BBQ),
served with garlic sauce on the side.

€6.95

Hummus & Tzatziki with Bread [1α]

HUMMUS made of chickpeas, olive oil, garlic, tahini, lemon juice.

TZATZIKI made of Greek yogurt, cucumbers, garlic, olive oil, lemon & parsley.

Served with fresh naan bread []


€6.95

Falafel [6, 11, 12]

4 x Chickpea patty with parsley & spices, comes with small hummus []

€6.95

Lentil Soup [1α] (New)

A delicious bowl of goodness, loaded with spices & herbs, served
with fresh naan bread []

€5.95

GRILL

(All shish come with a mix salad, choice of naan bread or rice and side of chilli & garlic sauce)

CHICKEN SHISH [7α,9α]

Boneless Irish chicken fillet, marinated with saffron.
€15.95

CLASSIC KUBIDEH SHISH [1α,7α,9α]

Minced beef & lamb with fresh herbs.
€15.95

LAMB (Fillet) SHISH [1α,7α,9α]

Fresh Irish lamb FILLET marinated with garlic & spices.
€18.95

SALMON FISH SHISH [1α,4,7α,9α]

Fresh salmon fillet pieces marinated with herbs, spices and lime zest.
€18.95


DOUBLE SHISH [1α,7α,9α] (New)

Choose 2 shish of any above.
€23.95

PRAWNS PIL PIL [1α,2,4] (New)

Fresh prawns pan-fried in olive oil, garlic, red & yellow chilis,
served with naan bread or rice.
€18.95

VEGETABLE SHISH [1α,7α,9α,11α]

Selection of fresh vegetables marinated in dill & lime, grilled over charcoal []
€12.95

PORTUGUESE WINGS [1α,7α,9α]

10 pieces of chicken wings in a flavour of your choice (piri piri, lemon herb, BBQ).
Served a side chilli & garlic sauces.
€13.95

PORTUGUESE PIRI PIRI CHICKEN (Half Chicken) [1α,7α,9]

Half grilled chicken in a flavour of your choice (piri piri, lemon herb, BBQ).
€15.95

BURGERS

Our house special burgers, with option of grill chicken fillet on and beef burgers.

CHICKEN FILLET BURGER [1α, 3α, 6α, 10α]

Grilled chicken fillet served with lettuce, tomatoes, onion, burger sauce in a bun, served with chips.

€13.95

BEEF BURGER WITH CHEESE [1α, 3α, 6, 7, 10α]

Homemade beef burger served with lettuce, tomatoes, onion, burger sauce in a bun, served with chips.

€13.95

DONER KEBAB

Slowly roasted on a spit and carved to order.

(All doner kebab come with salad, naan bread and side of chilli & garlic sauce)

B1 - LAMB [1α, 7α, 9α]

Lamb marinated and layered with flavourings and our special spices.

€13.95

B2 - CHICKEN [1α, 7α, 9α]

Irish chicken marinated with our special spices and herbs.

€13.95

B3 - MIXED [1α, 7α, 9α]

Can't decide? Have BOTH lamb & chicken.

€13.95

KIDS

F1 - CHICKEN NUGGETS [1,3]

Chicken nuggets served with fries €7.00

F2 - CHICKEN DIPPERS [1,3]

Chicken dippers served with fries €7.00

F3 - BUN BURGER [1α]

Beef bun burger with cheese, served with fries €7.00

F4 - CHICKEN SHISH ON THE GRILL [1α, 7α, 9α] (New)

pieces of boneless chicken fillet, marinated with saffron, served with salad €8.50

SIDES

Fries €3.50 [VEGAN]

Garlic Fries €4.00 [7]

Garlic Cheese Fries €4.00 [7]

Sweet Potato Fries €4.50 [VEGAN]

Freshly tandoori naan bread €1.50 [1]

Basmati Rice €3.50 [VEGAN]

Hummus €4.00 [VEGAN]

Tzatziki €4.00 [7] [VEGAN]

RED WINE

House Wine Glass (175ml) [12] €6.50

Bottle House Red [12] €22.95

PRIMITIVO PUGLIA [12] (New)

Puglia: Primitivo grapes. Colour bright ruby red with touches of purple. The bouquet is pronounced, with cherry blossom and some spice. Well-balanced with sour-cherry fruit and a persistent finish. Perfect with Spicy dishes. Full bodied with balanced tanins. €28.95

SANGIOVESE IGT TOSCANA [12]

Tuscany: 100% Sangiovese grapes. Bright ruby in colour. A medium-bodied wine with a persistent bouquet offering hints of mulberry, spice and raspberry. The palate is warm, brambly, dry, round, generous and well-balanced with cherry and plum notes. €33.95

NERO D'AVOLA KORE [12] (New)

It is ruby red with undertones of purple, with an aroma of prune, cherry, and light spice. Soft and velvety to the palate. Elegant, pleasing structure. The variety is 100% Nero D'Avola. The grapes are hand harvested and fermented on the skins for at least 10 days so as to extract color and soft tannins. €35.95

WHITE WINE

House Wine Glass (175ml) [12] €6.50

Bottle House White [12] €22.95

SAUVIGNON IGT DELLE VENEZIE SOLSTICE [12]

Veneto: Medium-bodied. The nose is fresh, crisp and aromatic with strong gooseberry fruit flavours typical of this varietal. On the palate, flavours of lime, green apple, passion fruit and white peach give way to herbaceous notes. €28.95

PINOT GRIGIO IGT PAVIA SAN VIGILIO [12]

Lombardy: 100 % Pinot Grigio grapes. Crisp, light character, bright straw golden colour and enticing fruity nose. Nutty and citrusy. €28.95

GRILLO SICILIA KORE [12] (New)

Sicily: Grillo grapes. Bouquet of jasmine, green apple and pineapple. Fresh and soft on palate with balanced acidity and good minerality. Pairs beautifully with falafel and fish. €35.95

ROSE & PROSECCO

Rose Glass (175ml) [12] €6.50

Prosecco Glass (175ml) [12] €7.50

Bottle Rose €22.95

Bottle Prosecco €29.95 (New)

BEER & SPIRITS

Peroni DRAFT (500 ml) [1]
€6.95

Peroni DRAFT (330 ml) [1]
€4.95

Heineken & Heineken Zero (330 ml) [1]
€4.95

GIN, WHISKEY & VODKA with a soft drink
€7.95

Ask staff for more options.

SOFT DRINKS

GLASS OF JUICE
€1.90

SPARKLING / STILL WATER
€2.85(330 ml) / €4.85 (750 ml)

COKE, FANTA, 7-UP, 7-UP FREE, DIET-COKE
€2.50

HOT DRINKS

HERBAL TEA SELECTION
€2.50

AMERICANO, ESPRESSO
€2.75

LATTE, CAPPUCCINO,
HOT CHOCOLATE, DOUBLE ESPRESSO
€3.50

DESSERTS

All desserts served with ice cream and fresh cream

CHOCOLATE BROWNIE [1,3,6,7]

Warm chocolate brownie, vanilla ice cream with chocolate toppings.

€5.50

STICKY TOFFEE CAKE [1,3,7]

Served with fresh cream & a toffee sauce, the perfect treat for the sweet tooth.

€5.50

CHEESECAKE [1,3,6,7,8]

Cheesecake, ice cream & toppings of caramel

€5.50

APPLE CRUMBLE [1,7]

served warm with fresh cream.

€5.50

SELECTION OF ICE CREAM

Tasty selection of Italian homemade ice cream, chocolate, vanilla & strawberry flavors.

€4.50

MINT ICE CREAM

Mint ice cream topped with chocolate sauce and chocolate sprinkles.

€4.50

ALLERGEN INFORMATION

- 1 - Cereals containing gluten, 1a - Gluten present in bread only
- 2 - Crustaceans
- 3 - Eggs, 3a - Egg-free option available
- 4 - Fish
- 5 - Peanuts
- 6 - Soya, 6a - Soya free option available
- 7 - Dairy, 7a - Dairy in garlic sauce only
- 8 - Nuts
- 9 - Celery, 9a - Celery in chili sauce only
- 10 - Mustard, 10a - Mustard free option available
- 11 - Sesame seeds, 11a - Sesame seeds free option available
- 12 - Sulfites
- 13 - Lupin
- 14 - Molluscs

[] - Vegetarian & possibly vegan. Ask our staff for vegan options.

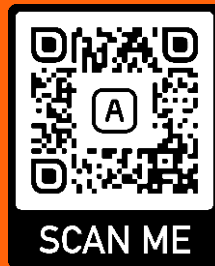
Our chips are gluten-free but are cooked in a fryer that is also used for products containing gluten. Although we take great care in the preparation of our food, our kitchen is an open environment where allergens are used. Therefore, we cannot guarantee anything to be completely allergen-free.

All our beef is 100% irish origin.

Tenoo

THANK YOU!

For Delivery & Collection, you can order on
our apps or tenoo.ie website



All our food is HALAL.

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and offers:



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