

Lunch Menu

- SALADS -

<p>Superfood Salad €14.50 Quinoa, Long Stem Broccoli, Avocado, Beetroot, Blueberry, Sunflower & Pumpkin Seeds, Feta, Toasted Almonds, Watermelon, Edamame Beans, Walnut Dressing 8.a 7 V 6 VE - At Request (Add Ballycotton Smoked Salmon, Grilled Chicken or Crayfish for €5.50)</p>	<p>Caesar Salad €13.00 Bacon Lardons, Soft Boiled Egg, Croutons, Cos lettuce, Aged Parmesan 1.a 3 4 7 10 (Add Ballycotton Smoked Salmon, Grilled Chicken or Crayfish for €5.50)</p>
<p>Asian Pork Salad €18.50 Crispy Pork Belly, Mixed Peppers, Cucumber, Bean Sprouts, Red Onion, Coriander, Sweet Chilli, Cashew Nuts, Ume plum sesame seed 1.a </p>	<p>Cauliflower Tempura €14.50 Mixed Peppers, Cucumber, Bean Sprouts, Red Onion, Coriander, Sweet chilli, Ume plum sesame seeds. Cashew Nuts 8.d 1.a V VE </p>



- CLASSICS -

<p>Soup of the Day €8 Home Made Soup, Artisan Bread 1.a 9 11 V VE 8</p>
<p>Seafood Chowder €12 Irish Soda Bread, Smoked Achill Sea Salt 1.a 7 4 2e 14.b,e 9 </p>
<p>Louisiana Hot Chicken Wings €13.50 / €17.50 Celery Stick, Blue Cheese Sauce 3 7 10 (Small 9 wings / Large 14 wings)</p>
<p>Fish & Chips €19.50 Battered Fish of the day, Fries, Mint Pea puree, Tartar Sauce 1.a 3 4 7 10 </p>
<p>Boz Hereford Burger €19 Brioche Bun, Tomato, Lettuce, Ballymaloe Relish, Dubliner Cheddar, Pickles & Fries. 1.a 3 7 10 (Gluten Free Bun available)</p>
<p>Chicken Sriracha €18 Marinated & Grilled Chicken Breast, Brioche Bun, Crushed Avocado, Beetroot Slaw, Tomato, Iceberg Lettuce & Fries 1.a 3 7 10 (Gluten Free Bun available)</p>

- SANDWICHES -

<p>Smoked Salmon & Crayfish Irish whiskey Marie Rose, Organic Leaves, Toasted Irish Soda bread & Soup or Fries 1.a 3 7 10 €18.50</p>
<p>Double Roast Honey Glazed Limerick Ham Hot Fajita Cheese, Red Pepper Relish, Soup or Fries 1.a 3 7 10 12 €17.50</p>
<p>Sandwich of the Day Vegetarian sandwich decided by the chef each day €17.50</p>

- MAIN COURSE -

<p>Irish Chicken Supreme €21.00 Mash potatoes, Carrots, Peas, Lettuce, Bacon, White Wine Cream Sauce 7 </p>	<p>Seaweed Tagliatelle €23.00 Clams, Mussels, Prawns, Rocket, Chilli, Lime, Cherry Vine Tomatoes 1.a 7 14.b,e 2d </p>
<p>Catch of the Day €22.00 Pan Fried Fillet of the day, Potatoes Mousseline, Tomatoes, Red Onion, Pineapple, Edamame Bean & Basil Salsa, Stem Broccoli 7 </p>	<p>Thai Green Curry €21.00 Chickpeas, Spinach, Mediterranean Vegetables, Coconut Cream 9 V VE (Add Grilled Chicken or Prawns €5.50)</p>
<p>21 day Aged Boz Black Angus Sirloin Steak €29.50 Served with Portobello Mushrooms, Grilled Tomato, Onion Puree, Duck Fat Chips and choice of: Bearnaise, Peppercorn Sauce or Garlic Butter 3 7 </p>	<p>Spelt €22.00 Grilled Baby Artichokes, Kalamata Olives, Sun-Dried Tomatoes, Tomato & Basil Sauce, Vegan Parmesan Cheese 1.a 9 V VE (Add Grilled Chicken or Prawns €5.50)</p>

- SIDES -

€5.50

<p>Creamy Mash Potatoes 7 </p>
<p>Wilted Greens 7 </p>
<p>Mixed Leaf Salad Sun-Dried Tomatoes, Aged Parmesan Cheese 10 7 </p>
<p>Sweet Potato Fries Sweet Chilli Aioli 3 7 10 </p>
<p>Skinny Fries Garlic Mayo 3 7 10 </p>

ALLERGENS

1. Gluten: |a) Wheat| b) Rye| c) Barley| d) Oats| 2 Crustaceans: |a) Crab| b) Lobster| c) Crayfish| d) Shrimps| e) Prawns| f) Krill| 3 Eggs| 4 Fish| 5 Peanuts| 6 Soybeans| 7 Milk| 8 Nuts: |a) Almonds| b) Hazelnut| c) Walnuts| d) Cashew| e) Pecan| f) Brazil nuts| g) Pistachio| h) Macadamia| j) Queensland nut| 9 Celery| 10 Mustard| 11 Sesame| 12 Sulphur dioxide| 13 Lupin| 14 Mollusks: |a) Snails| b) Clams| c) Oyster| d) Scallops| e) Mussels| f) Squid| g) Octopus| h) Cuttlefish.
V - VEGETARIAN VE - VEGAN GF - Gluten Free

All nut free dishes are prepared nut free, however not within a nut free environment.