

Lunch Menu

- SALADS -

Superfood Salad €15.95
Quinoa, Long Stem Broccoli, Avocado, Beetroot, Blueberry, Sunflower & Pumpkin Seeds, Feta, Toasted Almonds, Watermelon, Edamame Beans, Walnut Dressing |6|7|8.a.c|V|VE - At Request|
(Add Ballycotton Smoked Salmon, Grilled Chicken or Crayfish for €6.50)

Asian Pork Salad €20.50
Crispy Pork Belly, Mixed Peppers, Cucumber, Bean Sprouts, Red Onion, Coriander, Sweet Chilli, Cashew Nuts, Ume plum sesame seed |1.a|6|8.d|11|

Caesar Salad €14.50
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 €6.50)

Cauliflower Tempura €15.95
Mixed Peppers, Cucumber, Bean Sprouts, Red Onion, Coriander, Sweet chilli, Ume plum sesame seeds. Cashew Nuts |1.a|6|8.d|11|V|VE|



- CLASSICS -

Soup of the Day €9
Home Made Soup, Artisan Bread |1.a|9|11|V|VE| |May Contain Nuts|

Seafood Chowder €13.50
Irish Soda Bread, Smoked Achill Sea Salt |1.a|7|4|2e|14.b.e|9|

Louisiana Hot Chicken Wings €14.50 / €19.50
Celery Stick, Blue Cheese Sauce |3|7|9|10|
(Small 9 wings/ Large 14 wings)

Fish & Chips €21.50
Battered Fish of the day, Fries, Mint Pea puree, Tartar Sauce |1.a|3|4|7|10|

8oz Hereford Burger €21
Brioche Bun, Tomato, Lettuce, Ballymaloe Relish, Dubliner Cheddar, Pickles & Fries.
|1.a|3|7|10| (Gluten Free Bun available)

Chicken Sriracha €20
Marinated & Grilled Chicken Breast, Brioche Bun, Crushed Avocado, Beetroot Slaw, Tomato, Iceberg Lettuce & Fries |1.a|3|7|10| (Gluten Free Bun available)

- SANDWICHES -

Smoked Salmon & Crayfish
Irish whiskey Marie Rose, Organic Leaves, Toasted Irish Soda bread & Soup or Fries
|1.a|2.c|3|4|7|10|
€20.50

Double Roast Honey Glazed Limerick Ham
Hot Fajita Cheese, Red Pepper Relish, Soup or Fries |1.a|7|10|12|
€19.00

Sandwich of the Day
Vegetarian sandwich decided by the chef each day
€19.00

- MAIN COURSE -

Irish Chicken Supreme €23.00
Mash potatoes, Carrots, Peas, Lettuce, Bacon, White Wine Cream Sauce |7|

Catch of the Day €24.00
Pan Fried Fillet of the day, Potatoes Mousseline, Tomatoes, Red Onion, Pineapple, Edamame Bean & Basil Salsa, Stem Broccoli |4|7|

21 day Aged 8oz Black Angus Sirloin Steak €32.50
Served with Portobello Mushrooms, Grilled Tomato, Onion Puree, Duck Fat Chips and choice of: Bearnaise, Peppercorn Sauce or Garlic Butter |1.c|3|4|7|

Seaweed Tagliatelle €25.50
Clams, Mussels, Prawns, Rocket, Chilli, Lime, Cherry Vine Tomatoes |1.a|2.d|7|14.b.e|

Thai Green Curry €23.00
Chickpeas, Spinach, Mediterranean Vegetables, Coconut Cream |1.a|9|V|VE|
|GF- On Request|
(Add Grilled Chicken or Prawns €6.50)

Spelt €24.00
Grilled Baby Artichokes, Kalamata Olives, Sun-Dried Tomatoes, Tomato & Basil Sauce, Vegan Parmesan Cheese |1.a|9|V|VE|
(Add Grilled Chicken or Prawns €6.50)

- SIDES -

€6.50

Creamy Mash Potatoes
|7|

Wilted Greens
|7|

Mixed Leaf Salad
Sun-Dried Tomatoes, Aged Parmesan Cheese
|7|10|

Sweet Potato Fries
Sweet Chilli Aioli
|3|7|10|

Skinny Fries
Garlic Mayo
|3|7|10|

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.

Should you have any food allergies or specific dietary requirements, please inform your server who will be happy to assist you