



Starters

Smoked Salmon & Prawn Salad, Brown Bread €8.95

Gluten, Milk, Fish, Crustacean, Sulphites

Goats Cheese & Roast Red Pepper Bruschetta

with Red Onion Marmalade €6.25 **Gluten, Milk, Sulphites**

Herb & Garlic Seasoned Crumbed Mushrooms

with Garlic Dip €5.95 **Gluten, Milk, Eggs**

Chicken & Crispy Bacon Caesar Salad €7.95

Gluten, Milk, Fish

Available as Main Course €9.95

Hearty Vegetable Soup €4.00

Gluten, Milk, Celery, Sulphites

Sweet Pineapple & Jalapeno Glazed Chicken Wings

€6.95 **Soya, Mustard, Sulphites**

Available as Main Course €9.95

Smoked Coley & Scallion Chowder €6.00

Gluten, Celery, Mustard, Fish, Sulphites

Choice of Sandwiches & Paninis

Plain or Toasted Sandwich €5.95 **Gluten**

On White or Brown Bread, with Salad Garnish & Fries

(Gluten Free Bread available on request)

Panini's or Wraps Salad & Fries €6.95

Gluten

Select Four Fillings from: Tomato, Red Onion, Ham, Beef, Turkey or Chicken

Cheese, Lettuce, Tuna & Sweetcorn, Egg

Mayonnaise & Spring Onion,

Roast Red Pepper, Goats Cheese, Stuffing, Tikka Chicken

Extra Fillings €1.00 each

BLT with Salad & Fries €6.95

Gluten

House Salad Bowl €6.95 (With Feta Cheese or Chicken €9.95)

Mixed Leaves, Roast Tomato, Olives, Peppers, Cucumber, Red Onion & Mixed Seeds **Sesame Seeds, Sulphites**

Mains

House Beef Burger €12.95

Dressed Brioche Bun, Cheese & Sautéed Onion

Gluten, Milk, Eggs, Celery, Mustard, Sulphites

Medium Spiced Chicken Curry €13.95 (Vegetarian €11.95)

Basmati Rice, Mango Chutney & Poppadom Basket

Chicken & Vegetable Stir Fry €13.95

(Vegetarian €11.95)

Noodles, in a Chilli, Lime & Oyster Sauce **Gluten, Soya, Sesame Seeds, Molluscs, Sulphites**

Golden Crumbed Chicken Goujons €10.95

With Garlic Dip **Gluten, Milk, Eggs, Mustard, Sulphites**

Golden Fried Fish & Chips €13.95

Cod Fillet, Mushy Peas & Tartare Sauce **Gluten, Milk, Fish, Sulphites**

Squid, Cod & Prawn Seafood Basket €14.95

Gluten, Milk, Eggs, Soya,

Fish, Crustaceans Molluscs

Roast of the Day €12.00

(Beef Supplement €1.00)

Fresh Vegetables & Potato **Allergens – Please ask Server**

100z Striploin Steak €23.95

Cooked to your Liking, with Sautéed Onions, Mushrooms & Pepper Sauce **Milk, Sulphites**

50z Steak Sandwich €13.95

Warm Garlic Ciabatta, Sautéed Onions & Mushrooms **Gluten, Milk,**

Eggs, Mustard, Sulphites

Bangers & Mash €11.95

Local Pork & Leek Sausages, Creamy Scallion Mash & Red Wine Onion Gravy **Gluten, Milk, Soya, Mustard**

Vegetarian Penne €11.95

Woodland Mushrooms in a Creamy Basil, Spinach & Sunkissed Tomato Sauce with Parmesan & Pine Nuts

Gluten, Milk, Eggs,

Celery, Nuts, Sulphites

All Meat Products served are of Irish origin and have full traceability.

Unless otherwise stated, all Main Courses are served with Salad & Fries or Potato and Vegetables (Sweet Potato Fries €1.00 Supplement)

Dessert Choice €5.00

For Today's Selection Please Ask Your Server

Side Orders

Garlic Bread €3.00

Bowl of Chips €2.00

Roast Vegetables €3.00

Sweet Potato Fries €3.00

Fresh Coleslaw €2.00

Mashed Potato €2.00