



# STARTERS

- Spicy Buffalo Chicken Wings (GF)** 13.00/17.00  
blue cheese dressing, celery  
Contains: milk, mustard, sulphur dioxide, egg, celery
- Goats Cheese Bruschetta (VE)(GF)** 9.00  
cherry tomatoes, red onion, balsamic vinegar, gluten free bread  
Contains: milk, sulphur dioxide, mustard, soy, nuts, sesame
- Soup of the Day (VE)(GF)** 8.50  
gluten free bread  
Contains: celery, sesame, soya

# SALAD

- Cumin Roasted Carrot and Chickpea Salad (VE)(GF)** 16.00  
feta, walnuts, lemon dressing, mixed leaves  
*add warm grilled chicken 6.50*  
contains: milk, mustard, sulphur dioxide, walnut
- Nicoise Salad (VE)(GF)** 16.00  
green beans, olives, baby potatoes, shallot, baby gem, boiled egg, sherry vinaigrette  
*add warm grilled chicken 6.50*  
Contains: egg, mustard, sulphur dioxide

# SANDWICH

*Served until 5:00 pm*

- Mespil Toastie (GF)** 15.00  
baked ham, and cheddar cheese, ballymaloe relish, gluten free bread  
Contains: milk, mustard, sulphur dioxide, sesame, soya
- Open Lemon Pepper Tuna Sandwich (GF)** 15.00  
cucumber, avocado, gluten free bread  
Contains: fish, milk, mustard, sulphur dioxide, egg, sesame, soya

***All sandwiches served with skinny fries or soup***

(PB) = Plant Based

(VE) = Vegetarian

*Please note any allergens with your server.*

*All our beef, pork & chicken is 100% Irish & our fish is sustainably sourced.*

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# MAINS



<b>10oz Sirloin Steak (GF)</b>	43.00
sautéed wild mushrooms, potato gratin <i>choice of peppercorn sauce or garlic butter or red wine jus</i> Contains: egg, milk, celery, sulphur dioxide, soy	
<b>Rajasthani Potato and Mango Curry (PB)(GF)</b>	19.00
basmati rice, mint chutney, poppadom, pickled red onion Contains: mustard, sulphur dioxide	
<b>Fillet of Salmon (GF)</b>	22.00
bisque cream, creamy mash, tender stem broccoli Contains: fish, milk, crustacean, egg, sulphur dioxide, celery	
<b>Kaju Chicken Curry (GF)</b>	22.00
basmati rice, mango chutney, poppadom, pickled red onion Contains: cashew, mustard, milk, sulphur dioxide	
<b>Chargrilled 8oz Beef Burger (GF)</b>	23.00
gluten free bun, bacon, ballymaloe relish, baby gem lettuce, cheddar cheese, tomato Contains: mustard, egg, milk, sesame, soy	
<b>Chipotle Chicken Burger (GF)</b>	22.00
gluten free bun, guacamole, cheddar cheese, sweet chilli mayo, baby gem lettuce, tomato Contains: sulphur dioxide, sesame, egg, mustard, milk, soy	

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# PIZZAS

<b>Pepperoni (GF)</b>	17.00
pepperoni, mozzarella, tomato sauce, gluten free base Contains: milk, soy, sesame, mustard	
<b>Margherita (VE)(GF)</b>	17.00
basil, mozzarella, tomato sauce, gluten free base Contains: milk, soy, sesame, mustard	

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# DESSERTS

<b>Ice-cream Selection (GF)</b>	9.50
chocolate sauce, marshmallow Contains: milk, egg, soy, nuts	
<b>Mespil Cheese Board (VE)(GF)</b>	13.00
wicklow brie, young buck blue, cheddar Contains: celery, milk, mustard, sulphur dioxide	