



# STARTERS

<b>Spicy Buffalo Chicken Wings (GF)</b> blue cheese dressing, celery Contains: milk, mustard, sulphur dioxide, egg	13.00/17.00
<b>Irish Smoked Salmon Roulade (GF)</b> cream cheese, beetroot, dill Contains: fish, milk, sulphur dioxide, mustard	12.50
<b>Goats Cheese Bruschetta (VE)(GF)</b> cherry tomatoes, red onion, balsamic vinegar, gluten free bread Contains: milk, sulphur dioxide, mustard	9.00
<b>Soup of the Day (VE)(GF)</b> gluten free bread Contains: celery	8.50

# SALAD

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

# SANDWICH

*Served until 5:00 pm*

<b>Mespil Toastie (GF)</b> baked ham, and cheddar cheese, ballymaloe relish, gluten free bread Contains: milk, mustard, sulphur dioxide	15.00
<b>Open tuna Sandwich (GF)</b> cucumber, avocado, gluten free bread Contains: wheat, fish, milk, mustard, sulphur dioxide	15.00

***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



- 10oz Sirloin Steak (GF)** 43.00  
mushrooms, potato gratin  
*choice of peppercorn sauce or garlic butter or red wine jus*  
Contains: eggs, milk, celery, sulphur dioxide
- Rajasthani Potato and Mango Curry (PB)(GF)** 19.00  
basmati rice, mint chutney, poppadom  
Contains: mustard, sulphur dioxide
- Fillet of Salmon (GF)** 22.00  
coco beans, chorizo, cherry tomato, spinach, salsa verde  
Contains: fish, sulphur dioxide, mustard, milk
- Kaju Chicken Curry (GF)** 22.00  
basmati rice, mango chutney, poppadom  
Contains: cashew, mustard, milk, sulphur dioxide
- Chargrilled 8oz Beef Burger (GF)** 24.00  
gluten free bun, bacon, ballymaloe relish, baby gem lettuce, cheddar cheese  
Contains: mustard, egg, milk, sesame
- Chipotle Chicken Burger (GF)** 22.00  
gluten free bun, guacamole and sweet chilli mayo, baby gem lettuce  
Contains: sulphur dioxide, sesame, egg, mustard, milk

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# PIZZAS

- Pepperoni (GF)** 17.00  
pepperoni, mozzarella, tomato sauce, gluten free base  
Contains: milk, soya, sesame, mustard
- Buffalo Chicken (GF)** 17.00  
spicy chicken, blue cheese dressing, mozzarella cheese, gluten free base  
Contains: milk, soy, sesame, mustard, sulphur dioxide, egg
- Margherita (VE)(GF)** 16.50  
basil, mozzarella, tomato sauce, gluten free base  
Contains: milk, soya, sesame, mustard

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# DESSERTS

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