



# GLUTEN FREE MENU

## STARTERS

- Peanut Chicken Satay (GF)** €12.00  
vermicelli noodles, house pickles  
Contains: mustard, soy, peanut, sesame, sulphur dioxide, fish
- BBQ Chicken Wings (GF)** €11.00/€15.00  
blue cheese dressing, celery sticks  
Contains: celery, eggs, mustard, sesame, soya, milk, sulphur dioxide
- Irish Smoked Salmon (GF)** €12.50  
beetroot relish, trout caviar, house pickles, home-made gluten free brown bread  
Contains: fish, sulphur dioxide, milk
- Soup of the Day (VE)(VG)(GF)** €7.50  
gluten free bread  
Contains: milk, celery

Please note any allergens with your server.  
Vegan menus are available upon request.

All our beef, lamb, ham & chicken is 100% Irish & our fish is sustainably sourced



---

# SALADS

- Mespil Caesar Salad (GF)** €15.00  
baby gem lettuce, gluten free croutons, bacon, parmesan dressing  
*add warm grilled chicken €6.00*  
Contains: eggs, milk, mustard, sulphur dioxide, walnut, pistachio, almond
- Feta Cheese Salad (VE)(GF)** €15.00  
roast butternut squash, dates, pomegranate seeds, spinach, apple cider dressing  
*add warm grilled chicken €6.00*  
contains: sulphur dioxide, milk, mustard
- Grilled Aubergine Salad (VE)(VG)(GF)** €15.00  
roast red pepper, hummus, puffed rice, rocket, lemon olive oil, dukkah  
*add warm grilled chicken €6.00*  
Contains: mustard, sulphur dioxide, sesame

---

# SANDWICHES

*Served until 5:00pm*

- Steak Sandwich (GF)** €18.50  
roast peppers, provolone cheese, garlic mayonnaise, rocket  
Contains: milk, mustard, sulphur dioxide, egg
- Toasted Ham and Cheese (GF)** €15.00  
baked ham, cheddar cheese, ballymaloe relish  
Contains: milk, mustard, sulphur dioxide
- Open Cajun Prawn Sandwich (GF)** €15.00  
baby gem, cajun mayo, sliced tomato  
Contains: eggs, milk, mustard, crustacean, sulphur dioxide

***All sandwiches served with gluten free chips or soup & mixed leaf salad***



---

# MAINS

<b>10oz Sirloin Steak (GF)</b>	€36.00
gratin dauphinoise potato, cherry tomatoes, watercress choice of peppercorn sauce or garlic butter Contains: milk, mustard, sulphur dioxide, celery	
<b>Slow-Cooked Lamb Shank (GF)</b>	€32.00
herb mash, mushroom and shallot sauce, garlic crumb, broccoli Contains: milk, mustard, sulphur dioxide, wheat, celery	
<b>Skeaghanore Duck Breast (GF)</b>	€34.00
spiced sweet potato mash, cherries, savoy cabbage, port jus Contains: celery, milk, sulphur dioxide	
<b>Fillet of Salmon (GF)</b>	€22.00
bacon butter sauce, celeriac fondant, broccoli Contains: sulphur dioxide, milk, fish	
<b>Pan-fried Cod (GF)</b>	€22.00
polenta cake, ratatouille, tomato sauce Contains: milk, sulphur dioxide, fish	
<b>Grilled Irish Beef Burger (GF)</b>	€21.00
baby gem lettuce, tomato, fried onions, gherkins, cajun mayo, cheddar, streaky bacon Contains: milk, mustard, sesame, egg, sulphur dioxide	
<b>Murgh Malai Chicken Tikka (GF)</b>	€21.00
basmati rice, charred poppadum, pickled red onion, mint chutney Contains: milk, mustard, sulphur dioxide	
<b>BBQ Chicken Burger (GF)</b>	€21.00
slaw, spicy ranch mayo, jalapenos, baby gem Contains: milk, mustard, egg, sesame, sulphur dioxide	
<b>South Indian Mixed Vegetable Sambar (VE)(VG)(GF)</b>	€18.00
basmati rice, charred poppadom, pickled red onion, mango chutney Contains: sulphur dioxide, mustard	
<b>Pasta of the Day (VE) (GF)</b>	€17.00
For Allergens, Please see daily special	



# PIZZAS & SIDES

## PIZZAS

(GLUTEN FREE BASE)

**Pepperoni (GF)** €16.50

pepperoni & mozzarella

Contains: milk, soya

**BBQ Chicken (GF)** €16.50

red pepper, onion, BBQ chicken,  
mozzarella, garlic mayo

Contains: milk, soya, mustard, eggs, pinenuts

**Margherita (VE) (GF)** €16.00

tomato, basil & mozzarella

Contains: milk, soya

**Vegetarian (VE) (GF)** €16.00

red pepper, onion, black olive, mozzarella, rocket

Contains: milk, soya, sulphur dioxide

## DESSERTS

**Vanilla Panna Cotta (GF)** €9.00

black berries, gingernut crumb

Contains: milk

**Selection of Ice-cream (VE) (GF)** €7.50

wafer basket & chocolate sauce

Contains: eggs, milk, soy

**Selection of Cheese (VE) (GF)** €13.00

wicklow brie, young buck blue, cheddar

Contains: celery, milk, mustard, sulphur dioxide

## SIDES

**Skinny Fries (VE) (GF)** €5.50

**Sweet Potato Fries (VE) (GF)** €7.00

**Potato and Onion Pot (GF)** €5.00

Contains: meat, celery

**Mixed Leaf Salad (VE) (GF)** €5.00

olive, sundried tomato, feta

Contains: milk, mustard, sulphur dioxide

**Charred Broccoli and Green Beans (GF)** €6.00

flaked almonds, brown butter

Contains: almonds, milk



---

# STARTERS

- Potato and Dill Pierogi (VG)** €9.50  
polish dumplings with caramelised onion  
Contains: wheat, sulphur dioxide
- Courgette and Pea Fitters (VG)** €9.50  
spicy vegan mayo, rocket salad  
Contains: mustard, sulphur dioxide
- Soup of the Day (VG)** €7.50  
gluten free bread  
Contains: celery

---

# MAINS

- Butternut Squash Salad (VG)** €8.50/15.00  
roast butternut squash, dates, pomegranate seeds, spinach, apple cider dressing  
contains: sulphur dioxide, mustard
- Grilled Aubergine Salad (VG)** €8.50/15.00  
roast red pepper, hummus, puffed rice, rocket, lemon olive oil, dukkah  
Contains: mustard, sulphur dioxide, wheat
- South Indian Mixed Vegetable Sambar (VG)** €18.00  
basmati rice, charred poppadom, pickled red onion, mango chutney  
Contains: sulphur dioxide, mustard
- Asian Style Crispy Tofu Stir-Fry (VG)** €18.00  
steamed basmati rice, stir-fry vegetables, soy and ginger sauce  
Contains: soy
- Potato Gnocchi (VG)** €17.00  
mediterranean vegetables, tomato sauce  
Contains: wheat

---

# DESSERTS

- Cinnamon Churros (VG)** €8.00  
vegan chocolate sauce  
Contains: wheat, soy
- Chocolate Chip and Orange Pudding (VG)** €8.00  
chocolate sauce, raspberry sorbet  
Contains: wheat, soy
- Selection of Sorbets (VG)** €7.00  
fresh berries, fruit coulis