
STARTERS



Garlic Parmesan and Chilli Chicken Wings (GF)

€12.00/€16.00

chive and crème fraîche dressing, celery sticks

Contains: mustard, egg celery, milk

Beetroot Cured Salmon (GF)

€12.50

green apple salad, watercress, trout roe, herb mayo

Contains: fish, sulphur dioxide, mustard, egg

Soup of the Day (PB)(GF)

€8.50

gluten free bread

Contains: celery

SALADS

Mespil Caesar Salad (GF)

€15.00

baby gem lettuce, bacon, parmesan, gluten free crutons and boiled egg

add warm grilled chicken €6.00

Contains: eggs, milk, mustard, sulphur dioxide, walnut, pistachio, almond

Baby Spinach Salad (PB)(GF)

€15.00

sweet potato, apple, walnut, chilli lemon dressing

add warm grilled chicken €6.00

Contains: walnut, mustard, sulphur dioxide

Mediterranean Salad (VE)(GF)

€15.00

chickpeas, cucumber, cherry tomato, feta, black olive, oregano, sherry dressing

add warm grilled chicken €6.00

Contains: mustard, sulphur dioxide, milk

*Please note any allergens with your server.
Plant Based menus are available upon request.*

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

SANDWICHES



Served until 5:00 pm

Mespil Toastie (GF)

€16.00

smoked ham, cheddar cheese, emmental cheese, honey mustard dressing
on gluten free bread
Contains: milk, mustard

Italian Salami (GF)

€16.00

salami, mortadella, red pepper, provolone cheese, rocket on gluten free bread
Contains: milk, mustard, sesame, sulphur dioxide

Cajun Turkey (GF)

€15.00

spinach, sundried tomato pesto, red onion on gluten free bread
Contains: milk, pinenuts, mustard

All sandwiches served with skinny fries or soup & mixed leaf salad

PIZZAS

(GLUTEN FREE BASES)

Pepperoni (GF)

€17.00

pepperoni & mozzarella
Contains: milk, mustard, soy

Margherita (VE)(GF)

€16.50

tomato, basil & mozzarella
Contains: milk, mustard, soy

Salami (GF)

€17.00

red pepper, rocket and spicy mayo
Contains: milk, sulphur dioxide, mustard, soy, egg

Vegetarian (VE)(GF)

€16.00

sweet potato, black olive, red pepper, mozzarella
Contains: milk, mustard, soy, sulphur dioxide

MAINS



10oz Sirloin Steak (GF)

€37.00

skinny fries, green beans, roast garlic
choice of peppercorn sauce or garlic butter

Contains: milk, mustard, sulphur dioxide, celery

Slow-Cooked Feather Blade of Beef (GF)

€34.00

gratin potato, field mushroom, cherry tomato

Contains: milk, mustard, sulphur dioxide, celery

Pan Fried Seabass (GF)

€23.00

peas, bacon, mussels, lemon beurre Blanc, dill oil, fondant potato

Contains: milk, fish, mollusc

Grilled Irish Beef Burger (GF)

€23.00

gluten free bun, burger sauce, baby gem lettuce, tomato, cheddar cheese,
dill pickle, skinny fries

Contains: milk, sesame, sulphur dioxide, mustard, egg

Katsu Curry Fried Chicken Burger (GF)

€21.00

gluten free bun, baby gem, rainbow slaw, pickled cucumber, katsu curry mayo, skinny fries

Contains: milk, celery, sulphur dioxide, mustard, egg, sesame

Traditional Chicken Karahi (GF)

€22.50

charred poppadom, steamed basmati rice, coconut and peanut chutney,

Contains: milk, peanut, sulphur dioxide, mustard,

Vegan Dal Makhani (PB)(GF)

€19.00

charred poppadom, mango chutney, steamed basmati rice, pickled red onion

Contains: mustard, sulphur dioxide

SIDES



Skinny Fries (VE)(GF) €5.50

Sweet Potato Fries (VE)(GF) €7.00

Maple Glazed Carrots (VE)(GF) €5.00

Contains: milk

Mixed Leaf Salad (VE)(GF) €5.00

Contains: mustard, milk

DESSERTS

Passion Fruit Cheese Cake (VE)(GF) €9.50

mango, coconut sorbet

Contains: milk, soy

Mespil Cheese Board (VE)(GF) €13.00

wicklow brie, young buck blue, cheddar

Contains: celery, milk