

GLUTEN FREE MENU

STARTERS

Chipotle and Lime BBQ Sauce Chicken Wings (GF) ranch dressing, celery Contains: celery, egg, celery, sulphur dioxide, milk	13.00/17.00
Potted Smoked Salmon (GF) lemon oil, toasted gluten free bread, preserved lemon, pickled cucumber Contains: milk, fish, sulphur dioxide, mustard	12.00
Prawn and Chorizo Pil Pil (GF) gluten free bread Contains: milk, crustacean	12.00
Soup of the Day (PB)(GF) gluten free bread Contains: celery, milk	8.50

SALAD

Roast Turmeric Cauliflower Salad (PB)(GF) spinach, sweetcorn, lemon yoghurt dressing, pumpkin seeds <i>add warm grilled chicken 6.50</i> contains: milk	16.00
Mespil Caesar Salad (GF) baby gem lettuce, bacon, boiled egg, parmesan dressing <i>add warm grilled chicken 6.50</i> Contains: egg, mustard, sulphur dioxide, milk	16.00
Autumn Vegetable Salad (PB)(GF) rainbow carrots, courgettes, broccoli, black olives, mixed leaf, cider vinegar dressing <i>add warm grilled chicken 6.50</i> Contains: mustard, sulphur dioxide	16.00

(PB) = Plant Based

(VE) = Vegetarian

*Please note any allergens with your server.
Gluten Free menus are available upon request.*

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

GLUTEN FREE MENU

SANDWICHES

Served until 5:00 pm

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|---|-------|
| Mespil Toastie (GF)
monterey jack cheese, baked ham, ballymaloe relish, gluten free bread
Contains: milk, mustard, sulphur dioxide | 15.00 |
| House Hot-Smoked Salmon (GF)
gluten free bread, preserved lemon
Contains: milk, fish, sulphur dioxide, mustard | 16.00 |
| Salami and Chorizo (GF)
toasted gluten free bread, salami, chorizo, sauerkraut, russian dressing, rocket
Contains: egg, mustard, sulphur dioxide | 15.00 |

All sandwiches served with skinny fries or soup

MAINS

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|---|-------|
| 8oz Sirloin Steak (GF)
tender-stem broccoli, stealth fries
<i>choice of peppercorn sauce or garlic butter</i>
Contains: milk, celery, sulphur dioxide | 36.00 |
| Supreme of Manor Farm Chicken (GF)
roast parsnip puree, tender-stem broccoli, potato fondant, red wine jus
Contains: milk, celery | 26.00 |
| Pan-Fried Hake (GF)
coco bean and tomato ragout, olive tapenade
Contains: fish, celery, sulphur dioxide | 25.00 |
| Chicken Chettinad (GF)
basmati rice, mango chutney, pickled red onion, poppadom
Contains: mustard, milk, sulphur dioxide | 22.00 |
| Punjabi Chole (PB) (GF)
Punjabi Chole basmati rice, mint chutney, charred poppadom
Contains: mustard, sulphur dioxide | 18.00 |
| Gourmet Beef Burger (GF)
gluten free bun, bacon, ballymaloe relish, baby gem, tomato, skinny fries
Contains: milk, egg, sesame, soy | 23.00 |
| Chargrilled Chicken Burger (GF)
gluten free bun, lemon pepper, ranch dressing, baby gem, tomato, skinny fries
Contains: milk, egg, sesame, soy | 22.00 |

GLUTEN FREE MENU

PIZZAS & SIDES

GLUTEN FREE BASE

Pepperoni (GF)

16.00

pepperoni, mozzarella, tomato sauce

Contains: milk, soy, sesame, mustard

Spicy Mespil Pizza (GF)

16.00

hot honey, feta cheese, roast red pepper

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

Margherita (VE)(GF)

15.00

basil, mozzarella, tomato sauce

Contains: milk, soy, sesame, mustard

SIDES

Roasted Carrots and Courgettes (VE)(GF)

4.50

pumpkin seeds

Contains: milk

Crushed Baby Boiled Potatoes (VE)(GF)

5.00

Contains: milk, sulphur dioxide

Sweet Potato Fries (VE)(GF)

7.00

Leafy Salad (VE)(GF)

4.00

cherry tomato, black olive, and feta

Contains: mustard, sulphur dioxide, milk

Skinny Fries (VE)(GF)

5.50

DESSERTS

Selection of Ice-cream (GF)

8.50

chocolate sauce, sprinkles, marshmallow, soy

Contains: milk, egg

Warm Sticky Toffee Pudding (VE)(GF)

9.50

caramel sauce, vanilla ice-cream

Contains: milk, egg, nuts

Orange And Ginger Parfait (VE)(GF)

9.50

candied ginger and orange, mango coulis

Contains: egg, milk

Mespil Cheese Board (VE)(GF)

13.00

wicklow brie, young buck blue, cheddar

Contains: celery, milk, mustard, sulphur dioxide