GLUTEN FREE MENU

STARTERS

Chipotle and Lime BBQ Sauce Chicken Wings (GF) 13.00/17.00
ranch dressing, celery
Contains: celery, egg, celery, sulphur dioxide, milk

Potted Smoked Salmon (GF) 12.00
toasted gluten free bread, preserved lemon, pickled cucumber
Contains: milk, fish, sulphur dioxide, mustard

Prawn and Chorizo Pil Pil (GF) 12.00
gluten free bread
Contains: milk, crustacean

Soup of the Day (PB)(GF) 8.50
gluten free bread
Contains: celery, milk

SALAD

Roast Turmeric Cauliflower Salad (PB)(GF) 16.00
spinach, sweetcorn, lemon yoghurt dressing, pumpkin seeds
add warm grilled chicken 6.50
contains: milk

Mespil Caesar Salad (GF) 16.00
baby gem lettuce, bacon, boiled egg, parmesan dressing
add warm grilled chicken 6.50
Contains: egg, mustard, sulphur dioxide, milk

Autumn Vegetable Salad (PB)(GF) 16.00
rainbow carrots, courgettes, broccoli, black olives, mixed leaf,
cider vinegar dressing
add warm grilled chicken 6.50
Contains: mustard, sulphur dioxide

(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

Mespil Toastie (GF) 15.00
monterey jack cheese, baked ham, ballymaloe relish, gluten free bread
Contains: milk, mustard, sulphur dioxide

House Hot-Smoked Salmon (GF) 16.00
gluten free bread, preserved lemon
Contains: milk, fish, sulphur dioxide, mustard

Salami and Chorizo (GF) 15.00
toasted gluten free bread, salami, chorizo, sauerkraut, russian dressing, rocket
Contains: egg, mustard, sulphur dioxide

All sandwiches served with skinny fries or soup

MAINS

8oz Sirloin Steak (GF) 36.00
tender-stem broccoli, stealth fries
choice of peppercorn sauce or garlic butter
Contains: milk, celery, sulphur dioxide

Supreme of Manor Farm Chicken (GF) 26.00
roast parsnip puree, tender-stem broccoli, potato fondant, red wine jus
Contains: milk, celery

Pan-Fried Hake (GF) 25.00
coco bean and tomato ragout, olive tapenade
Contains: fish, celery, sulphur dioxide

Chicken Chettinad (GF) 22.00
basmati rice, mango chutney, pickled red onion, poppadom
Contains: mustard, milk, sulphur dioxide

Punjabi Chole (PB) (GF) 18.00
Punjabi Chole basmati rice, mint chutney, charred poppadom
Contains: mustard, sulphur dioxide

Gourmet Beef Burger (GF) 23.00
gluten free bun, bacon, ballymaloe relish, cheddar cheese, baby gem, tomato, skinny fries
Contains: milk, egg, sesame, soy

Chargrilled Chicken Burger (GF) 22.00
gluten free bun, lemon pepper, ranch dressing, baby gem, tomato, skinny fries
Contains: milk, egg, sesame, soy

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