



## LUNCH MENU

### STARTERS

Soup of the Day €6.15  
With Brown Bread

Traditional Seafood Chowder €8.15  
With Brown Bread

Roast Butternut & Barley

Risotto €7.50

Flavoured with Sage & Rosemary

Thai Style Fishcakes €9.95  
With a Chili & Pineapple Salsa, served with  
Mixed Salad

### MAIN COURSES

'Mespil' Roast €14.50  
Half Roast Chicken with Stuffing, Roast Potatoes &  
Seasonal Vegetables

Monkfish Scampi & Chips €14.50  
Crispy Fried Monkfish with Thousand Island  
Dressing

Cajun Chicken Burger €13.95  
With Chips, Salad & Cajun Mayonnaise

Grilled Fillet of Salmon €14.50  
Creamy Leek Mash, Roast Parsnip, Carrot Puree &  
Lemon Cream Sauce

Vegetable & Walnut Pasta €11.95  
Penne Pasta with Kale, Courgette, Cherry Tomato  
& Walnuts in a Cream Sauce

Spinach & Swede Lasagne €12.50  
A vegan twist on a Classic Pasta dish, with Swede  
Sheets, Spinach Puree, Roast Beetroot, Carrot  
& Beetroot Oil

### SALADS

Roast Cauliflower & Whole Grain Salad €9.95  
With Pomegranate & Pumpkin Seeds

Asian Chicken Noodle Salad €13.95  
Rice Noodles served with Asian Vegetables,  
Marinated Grilled Chicken & Sriracha Dressing

Caesar Salad with Grilled Chicken €13.95  
Fresh Cos Lettuce, Bacon, Croutons, Parmesan Cheese &  
Anchovy Dressing

### SANDWICHES

Open Smoked Salmon Sandwich €11.95  
On Soda Bread with Mixed Leaves, Red Onion & Capers  
served with a Cup of Soup or Chips

Chicken Club Ciabatta €10.50  
Pulled Chicken, Bacon, Lettuce, Tomato & Onion, with  
Rosemary Roast Potato Wedges

Bacon & Egg Mayo Ciabatta €10.25  
Egg Mayonnaise, Crispy Bacon, Semi Dried Tomato &  
Scallion on a bed of Rocket with a Cup of Soup or Chips

BBQ Pulled Jackfruit Ciabatta €10.25  
Roast Peppers, Onions & Rocket with Roast Sweet Potato

Tuna Wrap €9.25  
Tuna Mayo, Corn, Cheddar Cheese & Iceberg Lettuce  
served with Zucchini Fries

### DESSERTS

Toffee Apple & Cinnamon Tart €6.00

Warm Caramel Sundae €6.00

Warm Chocolate Fondant €6.00  
with Vanilla Ice Cream

Baked Apple & Pear with a €6.00

Lime & Ginger Sabayon