



APPETISERS

- Soup of the Day** (V) €6.15
Brown bread (contains 1-wheat, 2,4,5,13)
- Warm Baked Tartlet** (V) €8.00
Warm puff pastry tart filled with feta cheese, semi dried tomatoes, peas, egg and drizzled with basil oil (contains 1-wheat,3,4)
- Grilled Sweet Pepper, Labneh and Flat Bread** (V) €7.50
Yoghurt style dip with grilled sweet red pepper, olive oil, toasted seeds, nuts and grilled flat bread (contains 1-wheat,4,9-walnuts and almonds)
- Traditional Seafood Chowder** €8.15
Brown bread (contains 1-wheat, 2,4,5,6,10)

SALADS & SANDWICHES

- Roast Spiced Butternut and Sweet Potato Salad** (V) (V) €10.00
Semi-dried tomatoes, quinoa, cranberries, toasted almonds, mixed leaves with a herb vinaigrette (contains 1-wheat,5,9-almond)
- Caesar Salad with Grilled Chicken** €14.00
Fresh cos lettuce, bacon, croutons, Parmesan cheese and an anchovy dressing (contains 1-wheat,2,3,4,5,6,10)
- Falafel Salad** (V) €14.00
Fried falafel with roast aubergine, courgette, red pepper, herb couscous, mixed leaves and smoked paprika dressing (contains 1-wheat,5,13)
- Buffalo Chicken Ciabatta** €10.25
Chicken cooked in a spicy sauce, with blue cheese mayo, celery and crisp lettuce with a bowl of soup or chips (contains 1-wheat,2,3,4,5,13)
- Tuna Wrap** €9.25
Tuna mixed with a coriander and lime mayo, red onion, mixed peppers, iceberg lettuce served with a bowl of soup or chips (contains 1-wheat,2,3,5,6,10)
- Open Smoked Salmon Sandwich** €12.00
Soda bread, mixed leaves, red onion and capers with a bowl of soup or chips (contains 1-wheat, 2,3,4,5,10)
- Vegan Meatball Ciabatta** (V) (V) €10.25
Pulled oat meatballs cooked in a rich tomato sauce with roast peppers and onions on an open ciabatta with rosemary roast wedges (contains 1-wheat,13)

ALLERGEN INDEX

1 = Gluten, 2 = Celery, 3 = Eggs, 4 = Milk, 5 = Mustard, 6 = Soya, 7 = Sesame, 8 = Peanuts, 9 = Nuts, 10 = Fish, 11 = Crustacean, 12 = Mollusc, 13 = Sulphur Dioxide, 14 = Lupin

(V) Vegetarian Friendly Option (V) Vegan Friendly Option

MAINS

- Thai Red Curry - Beef** €14.50
- Fried Tofu and Vegetable (V) (V) €12.50
(contains 6)
A medium spiced Thai style curry served with steamed rice
- Cajun Chicken Burger** €14.00
Cajun spiced grilled breast of chicken served in a brioche bun with lettuce, tomato, cajun mayo chips and salad (contains 1-Wheat,2,3,4,5)
- Pasta Arabiata** (V) €12.00
Rigatoni pasta with courgette, spinach, black olives and feta cheese in a lightly spiced tomato sauce (contains 1-wheat,3,4,13)
- 'Mespil' Roast** €14.50
Half roast chicken, stuffing, mashed potatoes, seasonal vegetables and rich gravy (contains 1-wheat,2,4,13)
- Baked Fillet of Cod** €14.50
Mashed potatoes, sautéed green leaves and a semi dried tomato sauce (contains 4,10)
- Sweet Potato Burger** (V) (V) €12.50
A lightly spiced sweet potato patty served in a brioche style bun with roast potato wedges and a coriander and onion salsa (contains 1-wheat)
- Beef Bourguignon** €13.50
A beef and Burgundy wine stew flavoured with carrots, pearl onions, bacon and mashed potato (contains 2,4,5,13)
- Monkfish Scampi and Chips** €14.50
Peas, chips and tartare sauce (contains 1-wheat,3,4,5,10)
- Grilled Hamburger** €12.00
Grilled Irish prime beef hamburger served in a brioche bun topped with Dubliner cheese, lettuce, tomato, chips and salad (contains 1-wheat,3,4)

SIDES

- Triple Cooked Chips** (contains 1) €3.00
Sweet Potato Fries (contains 1) €4.00
Zucchini Fries (contains 1) €3.00
Mixed Salad (contains 2, 3,5) €3.00

DESSERTS

- Praline Choux** €6.00
A choux pastry bun filled with a praline cream, served with a miso caramel (contains 1-wheat,3,4,6,13)
- Ferrero Rocher Cheesecake** €6.00
(contains 3,4)
- Warm Steamed Chocolate Pudding** €6.00
Vanilla ice cream (contains 1-wheat,3,4,6)

All of our Beef and Chicken is 100% Irish and fully traceable