






STARTERS



Soup of the Day 	€6.25
Brown bread (contains 1-wheat, 2,4,5,13)	
Seafood Chowder	€8.50
Brown bread (contains 1-wheat, 2,4,5,6,10)	
Chicken Liver Pâté	€8.00
Pickles and rustic toast (contains 1-wheat, 3, 4, 13)	
Baked Cauliflower Wings  	€6.50
Tender cauliflower baked in spiced breadcrumbs, served with a spicy b.b.q sauce (contains 1-wheat, barley, 6)	
Thai Style Fish Bon Bons	€8.50
A selection of fish blended with Thai herbs and spices, coated in breadcrumbs, served with Asian style coleslaw and dipping sauce (contains 1-wheat, 3, 5, 10)	
Warm Beetroot Cured Salmon	€8.50
Celeriac remoulade and pickled radish (contains 3, 5, 10)	
Spicy Chicken Wings	€8.00
Blue cheese dip and celery (contains 1, 2, 3, 4, 5)	

SALADS & SANDWICHES

Caesar Salad	€10.00
with Grilled Chicken	€14.50
Fresh cos lettuce, bacon, croutons, Parmesan cheese and anchovy dressing (contains 1- wheat, 2, 3, 4, 5, 6, and 10)	
Quinoa and Roast Vegetable Salad 	€12.50
Red and white quinoa with roast spiced butternut squash, sweet potato, carrot, swede with mixed seasonal leaves and a roast tomato dressing (contains 13)	
Harissa Prawn Salad	€14.00
Tiger prawns fried in harissa paste with chargrilled vegetables, mixed leaves and a pomegranate dressing (contains 3, 5, 11, 13)	
Open Smoked Salmon Sandwich	€10.00
soda bread with mixed leaves, red onion and capers (contains 1-wheat, 2, 3, 4, 5, 10)	
Grilled Flatiron Steak	€15.50
Flatbread with balsamic roast onions and tomato, rocket, Parmesan and truffle mayo, served with chips (contains 1-wheat, 3, 5)	
Selection of Sandwiches	€9.00
Fillings include ham, turkey, chicken, tuna, cheese and salad, served with soup (contains 1-wheat, 2, 3, 4, 5, 6, 10)	

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

 Vegetarian Friendly Option  Vegan Friendly Option

Please notify a member of our team regarding any allergies or food intolerances

MAINS

Thai Panang Curry - Chicken	€16.00
- Vegetarian 	€14.00
- Prawn	€17.00
A sweet and spicy red Thai curry finished with coconut milk, served with jasmine rice (contains 2, 5, 8,11)	
Mediterranean Lamb Shank	€17.00
Lamb shank cooked in a rich sauce with Mediterranean herbs, black olives and red peppers, served with couscous and salt baked celeriac (contains 1- wheat 2, 10, 13)	
Vegetable and Pulled Oats Chilli  	€14.00
Root vegetables and pulled oats cooked in a spicy tomato sauce with beans, served with Mexican style red rice (contains 2, 5)	
Chicken Burger	€15.00
Cajun marinated chicken breast, cajun mayo, lettuce, tomato, chips and salad (contains 1-wheat, 2, 3, 4, 5)	
Grilled Hamburger	€15.00
Dubliner cheddar cheese, bacon, tomato, lettuce, chips and salad (contains 1-wheat, 3, 4, 5, 13)	
Monkfish Scampi and Chips	€16.50
Thousand island dressing and salad (contains 1 - wheat, 3, 4, 5, 10)	
Grilled Market Fish of the Day	€19.00
Sustainably sourced fish, served with dill champ, creamed cabbage and brown shrimp butter (contains 2, 4, 10, 11)	
Toulouse Sausage & Confit Duck Cassoulet	€19.00
French country style sausage with slow cooked duck Leg served on a rich stew of white beans and bacon (contains 1-wheat 2, 13)	
Roast Supreme of Chicken	€17.50
Potato rosti, confit garlic, kale and spinach puree and a tarragon sauce (contains 2 4, 13)	
Grilled Sirloin Steak	€25.00
Triple cooked chips, grilled field mushroom and tomato with a choice of pepper sauce or garlic butter (contains 1, 2, 4, 5, 13)	
Rigatoni Con Salsiccia Affumicata	€14.50
Rigatoni pasta with house smoked sausage, caramelised onion and black olives in a rich tomato sauce (contains 1- wheat, 2, 3, 13)	

SIDES

Triple Cooked Chips (contains 1)	€4.00
Sweet Potato Fries (contains 1)	€5.00
Roast Mushrooms & Onions	€4.00
Mixed Salad (contains 2, 3,5)	€4.00
Champ (contains 4)	€4.00
Sautéed Green Vegetables	€4.00

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