

SANDWICHES

Carrot And Coriander Fritter Wrap (V)(VE) €14.00

Homemade Fritters with Carrot, Onion & Beetroot Hummus

Contains: Wheat, Eggs, Dairy, Sulphur Dioxide, Mustard, Sesame

Turkey and Ham €14.00

Cranberry Mayo, Baby Gem, Tomato on an Apricot and Thyme Stuffing Ciabatta Bread

Contains: Wheat, Sulphur Dioxide, Eggs, Dairy, Mustard

Mespil Toastie €14.00

Toasted Ham, Cheese and Ballymaloe Tomato Relish on Sourdough Bread

Contains: Wheat, Eggs, Mustard, Sulphur Dioxide

Tuna Mayo €14.00

Red Onion on Toasted Sourdough Bread

Contains: Wheat, Sulphur Dioxide, Mustard, Fish, Eggs

**All sandwiches served with chips
or soup & mixed leaf salad**

STARTERS

Chilli and Lime Glazed Chicken Wings €11.00

Served with Ranch Dressing

/€15.00

Contains: Wheat, Dairy, Eggs, Celery, Sesame

Soup Of The Day (V)(VE) €7.00

With Home-Made Brown Bread

Contains: Celery & Bread contains Wheat, Dairy

Seafood Chowder €11.00

Salmon, Cod, Mussels, Cockles & Homemade Brown Bread

Contains: Wheat, Dairy, Fish, Mollusc

Tempura Prawns €13.00

Sweet Chilli Mayo & Mango Salsa

Contains: Crustacean, Eggs, Wheat, Sulphur Dioxide

SIDES

Skinny Fries (V) €5.50

Contains: Wheat

Roast Winter Root Vegetables (V) €5.50

Contains: Dairy

SALADS

Smoked Chicken Salad €21.00

Sundried Tomatoes, Olives, Cucumber

Mixed Leaves & Sweet Chilli Dressing

Contains: Egg, Mustard, Sulphur Dioxide

Roasted Chickpea Salad (V)(VE) €15.00

Beetroot Hummus, Pickled Carrot,

Spinach & Balsamic Dressing

Contains: Sulphur Dioxide

Mespil Caesar Salad (V) €15.00

Baby Gem Leaves, Bacon Lardons,

Sourdough Croutons & Parmesan Dressing

Add Warm Grilled Chicken €6.00

Contains: Wheat, Eggs, Dairy, Mustard, Sulphur Dioxide

MAINS

North Indian Chicken Saagwala €20.00

Light Sauce with Spinach, Cumin,

Cinnamon, Garam Masala, Basmati Rice,

Raita & Charred Poppadom

Contains: Dairy, Mustard

Beer Battered Cod €21.00

Celeriac remoulade, Pea Purée

& Skinny Fries

Contains: Wheat, Eggs, Mustard, Fish, Sulphur Dioxide

Grilled Irish Beef Burger €21.00

Baby Gem Lettuce, Beef Tomato, Streaky Bacon,

Dubliner Cheddar Cheese, Ballymaloe Relish,

Sourdough Sesame Bun & Skinny Fries

Contains: Wheat, Dairy, Soy, Sesame

Braised Pork Belly €22.00

Sweet Potato Mash, Braised Red

Cabbage & Cherry Jus

Contains: Celery, Dairy, Sulphur Dioxide, Dairy

PIZZAS

Pepperoni €16.50

Pepperoni & Mozzarella

Contains: Wheat, Dairy, Sulphur Dioxide

Margherita (V) €16.00

Tomato, Mozzarella & Basil

Contains: Wheat, Dairy

Veggie (V) €16.00

Butternut Squash, Red onion & Rocket Leaves

Contains: Wheat, Dairy