



## LUNCH MENU

### STARTERS

Soup of the Day €6.15  
With Brown Bread

Traditional Seafood Chowder €8.15  
With Brown Bread

Hummus, Crudites & Bread €7.50  
Roast Carrot Hummus, Beetroot Hummus, served with  
Crudites & Grilled Flat Bread

Goats Cheese Tart €7.95  
Warm Caramelised Red Onion & Goats Cheese in a  
Puff Pastry Tartlet, topped with Toasted Walnuts &  
Rocket

### MAIN COURSES

'Mespil' Roast €14.50  
Roast Crown of Turkey 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

Tofu Katsu Curry €12.50  
Fried Tofu with a Vegan Japanese Style Curry  
served with Steamed Rice

### SALADS

Roast Sweet Potato & Tabbouleh Salad €9.95  
With Semi dried Tomatoes, Roast Red Peppers, Fig, Crispy  
Onion, Pomegranate & Smoky Dressing

Warm Chorizo, Chickpea & Potato Salad  
€13.95  
Roast Tomato & Cumin Seed 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

Greek Salad Ciabatta €10.50  
Peppers, Onions, Black Olives, Lettuce, Tomato, Onion  
& Feta Cheese with Rosemary Roast Potato Wedges

Italian Ciabatta €10.25  
Ham, Salami, Semi-Dried Tomatoes, Rocket & Mozzarella  
Cheese with a Cup of Soup or Chips

Crispy Vegetable Brioche €10.25  
Vegetables Marinated in Buttermilk, Fried until Crispy  
served in a Brioche Bun with Chipotle Mayonnaise with  
Sweet Potato Fries and Salad

Chicken Tikka Wrap €9.25  
Marinated Chicken Grilled with Tikka Spices, Lettuce,  
Peppers, Red Onion & Spicy mango Dressing 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