



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 Loin of Pork 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 Lime & Ginger Sabayon €6.00