



LUNCH MENU

STARTERS

Soup of the Day €6.15
With Brown Bread

Traditional Seafood Chowder €8.15
With Brown Bread

Roast Butternut & Barley

Risotto €7.50

Flavoured with Sage & Rosemary

Thai Style Fishcakes €9.95
With a Chili & Pineapple Salsa, served with
Mixed Salad

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

Spinach & Swede Lasagne €12.50
A vegan twist on a Classic Pasta dish, with Swede
Sheets, Spinach Puree, Roast Beetroot, Carrot
& Beetroot Oil

SALADS

Roast Cauliflower & Whole Grain Salad €9.95
With Pomegranate & Pumpkin Seeds

Asian Chicken Noodle Salad €13.95
Rice Noodles served with Asian Vegetables,
Marinated Grilled Chicken & Sriracha 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

BBQ Pulled Jackfruit Ciabatta €10.25
Roast Peppers, Onions & Rocket with Roast Sweet Potato

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