**Starters**

**Freshly Cooked Soup of the Day - €7**
Soda Bread, Butter  
(6 Wheat,7,12)

**Hot Spiced Irish Reared Chicken Wings – Small €8.95 / Large €12.95**
Spicy Louisiana Sauce, Cashel Blue Cheese, Celery Sticks  
(7,8,11,12)

**Tempura Tiger Prawns - €12.95**
Baby Gem, Sweet Chilli & Lime Dressing, Toasted Focaccia  
(1 Prawn,6 Wheat,7,11)

**Glazed Warm Chulchoill Goats Cheese Tartlet - €9.95**
Sun-Dried Tomato, Golden Raisin & Walnut Chutney, Apiary Honey  
(5 Walnut,6 Wheat,7,9,11)

**B-Bar Nachos - €9.95**
Tortilla Chips, Grated Mozzarella, Refried Beans, Tomato Salsa, Guacamole, Sour Cream  
(6Wheat,7,11)

**Salads**

**Honey Roast Butternut Squash, Spinach & Rocket Salad - Starter €8.95 / Main €12.95**
Pumpkin Seeds, Dried Cranberry, Wild Rice, Vinaigrette  
Add Cajun Chicken €5  
(9,13)

**Baby Gem & Feta Salad - Starter €8.95 / Main €12.95**
Sundried Tomato, Red Onion, Almonds, Citrus Mayonnaise  
Add Tempura Prawns €7.50  
(5 Almonds,7,13)

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**ALLERGEN INDEX**

1. Crustaceans  
2. Molluscs  
3. Fish  
4. Peanuts  
5. Nuts  
6. Cereals containing gluten  
7. Milk/milk products  
8. Soya  
9. Sulphur dioxide  
10. Sesame seeds  
11. Eggs  
12. Celery & celeriac  
13. Mustard  
14. Lupins
**Mains**

**9oz Grilled Sirloin Steak - €28.95**
Onion Chutney, Chunky Chips, Whiskey Crushed Black Peppercorn Sauce
(3,7,9,13)

**Irish Reared Chicken Supreme - €17.95**
Creamy Mash, Spring Vegetables, Gravy
(7,9)

**8oz Irish Beef Burger - €17.95**
Tomato, Baby Gem, Mayonnaise, Sweet Pickle, Streaky Bacon, Oaked Smoked Cheddar, Toasted Brioche Bun, Red Cabbage Slaw, Skinny Fries
(6 Wheat,7,10,11,13)

**Grilled Hake - €17.95**
Sautéed Baby Potatoes, Chive Cream Sauce, Pan-Fried Green Beans
(3 Hake,7,9,13)

**Vegetable Tikka Masala - €14.95**
Vegan Friendly
Saffron Rice, Crispy Poppadom
*Add Chicken €5*
(8)

**Kilmore Quay Fish & Chips - €17.95**
Chunky Chips, Lemon, Minted Mushy Peas, Tartare Sauce
(3 Haddock, 6 Wheat, 11, 13)

**Peri Peri Chicken Burger - €17.95**
Chipotle Mayonnaise, Tomato, Baby Gem, Toasted Brioche Bun, Red Cabbage Slaw, Skinny Fries
(6 Wheat, 7, 10, 11)

**12” Pizza Margarita - €14.95**
Tomato & basil sauce, Mozzarella cheese, Fresh Basil
(6 Wheat, 7)

**12” Pizza Pepperoni - €16.95**
Tomato & basil sauce, Pepperoni, Mozzarella cheese, Fresh Basil
(6 Wheat, 7)

**Spicy Tomato & Bell Pepper Penne - €14.95**
Vegan Friendly
Parmesan Shaving
*Add Chicken €5*
(6 Wheat, 7)

**Sides €4.50**
Skinny Fries
Mixed Salad
Onion Rings
Chunky Chips
Green Vegetables