



#### OPENING HOURS

|           |                   |
|-----------|-------------------|
| Monday    | 11:00am - 11:30pm |
| Tuesday   | 11:00am - 11:30pm |
| Wednesday | 11:00am - 11:30pm |
| Thursday  | 11:00am - 11:30pm |
| Friday    | 11:00am - 12:30am |
| Saturday  | 11:00am - 12:30am |
| Sunday    | 12:00pm - 11:00pm |

**Bar Food served daily  
from 12:00pm - 10:00pm**

## STARTERS

---

### **Tiger Prawns Cocktail**

Battered Tiger Prawns Served with Baby Gem Salad,  
Toasted Focaccia Bread, Sweet Chilli, Lime and  
Mayonnaise Dressing

(1, 6.a.Wheat, 7, 11)

€14.50

### **Caprese Salad**

Buffalo Mozzarella, Beef Tomato, Toasted Baguette  
with Basil Pesto, Mix Leaves, Balsamic Dressing

(4, 5.a.Almonds, 5.c.Cashew nuts, 5.e.Walnuts, 6.a.Wheat, 7)

€13.50

### **Molloy's of Dublin Finely Sliced Oak Smoked Salmon**

with Red Onion, Capers, Brown Soda Bread and Lemon

(3, 6.a.Wheat, 7)

€13.95

### **Hot Spiced Irish Reared Chicken Wings**

Coated in a Spicy Louisiana Sauce , Cashel Blue  
Cheese Dip and Fresh Celery Sticks

(7,8,11,12)

€13.50

### **Freshly Cooked Soup of the Day**

With Brown Soda Bread and Butter

(6.a.Wheat,7,12)

€8.95

### **Risotto of Aged Acquerello Rice**

Fresh Crab and Vanilla Bisque, Basil Oil,  
Parmesan Crisp and Foam

(1,2,3,7,9,12)

€14.50

## SALADS

---

### **Ardsallagh Goats Cheese Salad (V)**

with Mesclun Salad, Fig Confit, Pomegranate Seeds and Ginger Crumb, Honey Mustard Dressing  
(6.a.Wheat,7,11,13)

€13.75

### **Eat Well Salad (V)**

Wild Rice, Quinoa, Baby Cos Leaves, Cranberries, Roasted Pecan Nuts and Lime Dressing  
(5.d.Pecan Nuts,13)

€15.95

### **Detox Salad (V)**

Red Cabbage, Carrot, Celeriac, Apple, Avocado, Quinoa, Lemon and House Dressing.  
(12,13)

€14.75

### **Caesar Salad**

Baby Cos Leaves with Caesar Dressing, Lardons of Irish Bacon, Brioche Croutons, Roasted Pine Nuts and Parmesan Shavings  
(3,6.a.Wheat,7,11)

€14.25

**Above salads served with Grilled Escalope of Irish Reared Chicken Breast**

€5 Supplement

## MAIN COURSES

|                                  |   |        |
|----------------------------------|---|--------|
| 10oz Grilled Irish Sirloin Steak | <b>Gratin Potatoes, Onion Compote, Roasted Balsamic Cherry Tomatoes and Crushed Black Peppercorn Sauce</b><br>(3, 6(a.Wheat. b.Rye. d.Barley) 7, 9, 13)   | €32.75 |
| Irish Reared Chicken Supreme     | <b>Chicken Supreme served with Celeriac Puree, Roasted Cherry Tomatoes, Pico de Gallo, Baby Carrots, Chicken Jus</b><br>(7,12)  | €20.95 |
| Roulade of Irish Lamb Shoulder   | <b>Slow Cooked Lamb Shoulder served with Crushed Ecrasse Potatoes, Tenderstem Broccoli, Crispy Parma Ham and Mint Jus</b><br>(7,9,12,13)  | €24.00 |
| Baked Atlantic Cod               | <b>Served with Roast Pepper and Tomato Sauce, Grilled Mediterranean Vegetables and a Beurre Blanc Foam</b><br>(3,7,9)   | €21.00 |
| Kilmore Quay Fish & Chips        | <b>Chunky Chips, Minted Mushy Peas and Tartare Sauce</b><br>(3, 6(a.Wheat), 11, 13)   | €19.95 |
| Creamy Pesto Pasta               | <b>Penne Pasta cooked in a Cream and Basil Pesto Sauce, Cherry Tomatoes, Fresh Spinach and Parmesan Shavings</b><br>(4,5(a.Almonds, c.Cashew Nuts, e.Walnuts) ,6 (a.Wheat), 7)<br><b>Add Grilled Chicken €5</b> | €18.00 |

|                             |   |        |
|-----------------------------|---|--------|
| Thai Red<br>Chicken Curry   | Spiced Chicken Breast, Coconut Sauce,<br>Steamed Jasmine Rice, Lime and Chilli<br>(8) | €18.55 |
| Thai Red<br>Vegetable Curry | Roasted Mediterranean Vegetables,<br>Steamed Jasmine Rice, Lime and Chilli<br>(8)     | €16.75 |

## PIZZAS

---

|   |   |        |
|---|---|--------|
| Gubeen of Cork,<br>Artisan Chorizo<br>Sausage           | Tomato Sauce, Grated Mozzarella<br>Rocket Leaves<br>(6.a.Wheat,7)   | €17.95 |
| Pesto Chicken   | Tomato Sauce, Grated Mozzarella,<br>Chicken Breast Slices, Basil Pesto<br>(4, 5.a, 5.c, 5.e, 6.a.Wheat,7) | €17.25 |
| Macroom Dairy<br>Bocconcini Irish<br>Buffalo Mozzarella | Tomato Sauce , Grated Mozzarella,<br>Cherry Tomatoes<br>(6.a.Wheat, 7)                                    | €15.50 |

## SANDWICHES AND BURGERS

---

|                            |  |        |
|----------------------------|--|--------|
| Falafel Burger             | with Avocado Guacamole and Ballymaloe Country Relish, Baby Gem, Tomato on a Toasted Brioche Bun<br>(6.a.Wheat,7,10,11)   | €16.75 |
| Club Sandwich              | Grilled Spiced Chicken Breast, Streaky Bacon, Fried Egg, Mayonnaise, Beef Tomato Slice and Baby Gem on a Pretzel Bun<br>(6.a.Wheat,7,10,11)                              | €16.75 |
| Steak Sandwich             | 6oz Grilled Irish Sirloin Steak, Onion Chutney, Rocket Salad, Beef Tomato Slice, Chimichurri Sauce on Ciabatta<br>(3,6.aWheat.b.Rye.d.Barley:7,10,11,13)                 | €19.95 |
| Beef Burger                | 8oz Grilled Irish Beef Burger, Tomato, Baby Gem, Mayonnaise, Sweet Pickle, Hegarty's Farmhouse Cheddar Cheese on Brioche Bun, Red Cabbage Slaw<br>(6.a.Wheat,7,10,11,13) | €19.95 |
| Peri-peri                  | Grilled Breast of Chicken, Chipotle Mayonnaise, Tomato, Baby Gem Leaves on Toasted Brioche Bun, Red Cabbage Slaw<br>(6.a.Wheat,7,10,11)                                  | €18.50 |
| Pulled Irish Pork Sandwich | Slow Cooked Spiced Pulled Irish Pork Shoulder, Baby Gem Leaves, Tomato, Home Made Red Cabbage Slaw on Toasted Brioche Bun<br>(6.a,7,8,11,13)                             | €18.50 |

## SIDES

---

|  |       |
|--|-------|
| <b>Parmesan and Truffle Oil Fries</b><br>(7)       | €6.50 |
| <b>Tempura Battered Onion Rings</b><br>(6.a.Wheat) | €5.50 |
| <b>Garlic Bread</b><br>(6.a.Wheat,7)               | €5.95 |
| <b>Skinny fries</b>                                | €4.50 |
| <b>Sweet potato fries</b>                          | €4.50 |
| <b>Champ Mash</b><br>(7)                           | €4.50 |
| <b>Mixed salad</b><br>(9, 13)                      | €4.50 |
| <b>Roasted Mediterranean Vegetables</b>            | €5.00 |

## DESSERTS

|  |   |        |
|--|---|--------|
| Strawberries & Cream Cylinder            | <b>Ginger Biscuit Crumb, Wild Strawberry Gel</b><br>(6.a.Wheat,7,9)                                       | €8.75  |
| Appletini cube                           | <b>Vodka &amp; Apple Mousse, Apple Confit, Blackberry Gel, White Chocolate Crumb</b><br>(6.a.Wheat,7,8,9) | €8.75  |
| White Chocolate & Raspberry Cremeaux     | <b>White Chocolate Soil &amp; Raspberry Gel</b><br>(6.a.Wheat,7,8,11)                                     | €8.75  |
| Rhubarb Mousse                           | <b>Thick Vanilla Custard, Rhubarb Compote Quenelle, Cinnamon Streusel Crumb</b><br>(6.a.Wheat,7,11)       | €8.75  |
| Selection of Natural Ice Cream & Sorbets | (7,11)  | €7.75  |
| Selection of Fresh & Matured Cheese      | <b>With Crackers and Homemade Golden Raisin Chutney</b><br>(6.a.Wheat,7)                                  | €13.75 |

### Allergen index

- |  |                         |
|--|-------------------------|
| 1. Shellfish   | 8. Soya                 |
| 2. Mollusc   | 9. Sulphur Dioxide      |
| 3. Fish  | 10. Sesame Seed         |
| 4. Peanuts   | 11. Egg                 |
| 5. Nuts a) Almonds b) Hazelnuts, c) Cashew nuts d) Pecan nuts, e) Walnuts, f) Pistachio nuts | 12. Celery and Celeriac |
| 6. Gluten (a. Wheat)(b. Rye)(c. Oat)(d. Barley)  | 13. Mustard             |
| 7. Milk and Milk Product   | 14. Lupin               |