

STARTERS

CHEFS SOUP OF THE DAY homemade brown bread (1Wheat.7,9)	6.95
HOME-MADE SEAFOOD CHOWDER homemade brown bread (1Wheat,2,4,7,9,14)	8.95
CHILLI & HONEY CHICKEN WINGS blue cheese or smoky barbeque sauce, dressed mixed leaves (3,6,7,10)	11.50/17.95
BREADED GARLIC MUSHROOMS mushrooms in a crisp golden crumb served with a baby leaves salad and garlic mayo (1Wheat,3,7.10)	9.50
CHILLI & GARLIC PRAWNS pan fried prawns with garlic and chilli butter, dusted with cajun seasoning, fresh parsley, lemon wedge and mini ciabatta (1Wheat,2,7)	14.50
DUCK SPRING ROLLS shredded duck filled spring rolls, served with petit salad, mango and sweet chilli sauce (1a,6,10)	10.50
SMASHED AVOCADO & TOMATO BASIL SOURDOUGH olive oil tosted sourdough, smashed avocado and tomato basil, red onion, shaved parmesan, baby rocket, side salad (1a,7,10)	9.00
STEAMED ATLANTIC MUSSELS white wine, garlic cream, chilli and shaved fennel, fresh parsley (7,12,14)	11.95
CHEDDAR CHEESE & BACON POTATO SKINS fully loaded potato skins with bacon & cheese, chive sour cream, jalapeno, tomato salsa, petit salad (7,10)	10.50

FROM THE GARDEN

ITIL FIRI-FIRI CALSAR SALAD
baby gem lettuce, pine nuts, bacon and piri-piri grilled chicken
with caesar dressing and garlic bread (1wheat, 3, 4, 7, 8, 10)

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CHORIZO & STEAK SALAD
baby leaves, crispy chorizo, red roasted peppers, mushrooms,
steak strips, smoked paprika and chorizo dressing, crostini (1wheat,3.7)

10.50/15.95

TRADITIONAL GREEK SALAD

cucumber, red and yellow peppers, halves of cherry tomato, red onion, feta cheese, kalamata olives, fresh oregano, extra virgin olive oil and white vinegar dressing, garlic bread (1wheat,7.10)

13.95

13.95

15.95

15.50

19.95

23.50

MEDITERRANEAN FALAFEL SALAD

mixed leaves, organic quinoa and wild rice, red onion, grilled anti pasti vegetables, sweet corn, mixed olives, homemade falafels, vinaigrette dressing (10)

BABY PEAR & GOATS CHEESE SALAD

ardsallagh goat cheese, caramelized walnuts, wine poached baby pears, mix leaves, confit red pepper, pomegranate, red onion, pear dressing (3,7,8,10,12)

FULL LOADED HUMMUS

homemade hummus, mixed olives, cucumber, cherry tomato, feta cheese, tahini oil, walnuts, sesame seeds, tortilla crips, chickpea, sumac fruits powder, flat parsley (1wheat,7)

TO FOLLOW

PRIME IRISH 8OZ STRIPLOIN STEAK sauté onions and mushroom, grilled cherry tomato, house chips, brandy peppercorn sauce (7,9,12)	32.00
BBQ BABY BACK RIBS home cooked baby back pork ribs coated in bbq sauce, served with glazed corn cobs, coleslaw, harissa sauce, onion rings, house chips (6,7)	22.95
CLASSIC IRISH BEEF BURGER brioche bap, iceberg lettuce, beef tomato, red onion, cornichon, crispy bacon, dubliner cheese, mayo, tomato relish, onion rings, side coleslaw and house fries (twheat,3,7)	19.95
ULTIMATE STEAK SANDWICH 6oz steak, toasted sourdough bread with gruyere cheese, fried onions, mixed leaves, mustard aioli, sweet corn relish, pepper sauce, house chips (1wheat,3,7)	24.95
MOROCCAN LAMB TAGINE slow braised diced lamb with chopped tomato, dates, apricot, raisins, almond flakes served with Moroccan cous-cous, minted and pomegranate raita yogurt (1wheat,7,8)	24.95
ROAST TOP RIB BEEF creamed potato, medley of vegetables, yorkshire pudding, roast gravy (1wheat, 3,7)	18.50
CHICKEN KORMA mild korma sauce, served with long grain rice, sour cream, toasted almonds, poppadum's, pickled red onions, naan bread (1wheat,6,7,8)	19.95
ASIAN STYLE NOODLES stir fry vegetables, soy & oyster sauce base, cashews nuts, flat parsley vegetable 17.95 chicken 19.95 tiger prawns 21.95 (1wheat, 2, 3, 6, 7, 8, 12)	
HOME MADE LENTIL RAGHU	15.95

FROM THE SEA

LIGHT TEMPURA ATLANTIC COD

and tomato raghu (vegan, gluten free)

deep fried fresh cod in a crispy batter, petit salad, pea mint puree and house tartar sauce, lemon wedges, house chips (1wheat,3,4,10)

chickpeas & parsley falafels, fresh spinach, sweet potato, pomegranate, lentil

SEARED SEABASS WITH TUSCANY RELISH

served with sun dried tomato, yellow pepper, kalamata olives, capers, fresh spinach, balsamic reduction, roast baby potato (4)

ITALIAN CORNER

WILD MUSHROOM TAGLIATELLE CARBONARA fresh tagliatelle pasta, pancetta bacon, white wine mushroom sauce, shaved parmesan, rocket salad, pesto, garlic bread (1wheat,3,7,8,12) with chicken: 20.95	18.95
CLASSIC ITALIAN SPAGHETTI BOLOGNAISE slow cooked ground beef, onion, carrots, chopped tomato, shaved parmesan, rocket salad, pesto, garlic bread (1wheat,3,7,8,12)	16.95
SPINACH & RICOTTA TORTELLINI white wine cream gorgonzola sauce, shaved parmesan, rocket salad, pesto, garlic bread (1wheat, 3, 7, 8, 12)	17.50
SMOKED CHICKEN & CHORIZO PENNE PASTA white wine cream sauce, penne pasta, smoked chicken cubes, spanish chorizo, spinach, baby rocket, shaved parmesan, pesto, garlic bread (1wheat,3,7,8,12)	19.95

SIDE ORDERS

CHUNKY CHIPS	4.95
HOUSE SIDE SALAD	4.95
SWEET POTATO FRIES	4.95
GARLIC BREAD	4.95
SELECTION OF VEGETABLES	4.95

DESSERTS

CHESECAKE OF THE DAY please ask your waiter (1wheat,3,7,8)	9.50
APPLE PIE served warm with crème analgise & vanilla ice cream (1wheat, 3,7)	9.50
FRESH BERRY PAVLOVA served with fresh berries & mango coulis (3,7,8)	9.50
WARM CHOCOLATE BROWNIE vanilla ice cream, whipped cream (1wheat,3,6,7,8)	9.50
WARM STICKY TOFFEE PUDDING served with rum & raisin ice cream, butterscotch sauce (1wheat,3,7)	9.50
SELECTION OF ICE CREAM ice cream selection served in a wafer basket with coulis and strawberries (1wheat, 3,7)	8.50

Allergen Index: 1. Cereals Containing Gluten – 1a: Wheat, 1b: Oats, 1c: Barley, 1d: Rye, 2. Crustaceans, 3. Eggs, 4. Fish, 5. Peanuts, 6. Soybean, 7. Milk, 8. Nuts, 9. Celery, 10. Mustard, 11. Sesame Seeds, 12. Sulphur Dioxide/ Sulphites, 13. Lupin, 14. Molluscs. Although all due care is taken during Meal Preparation, Cross contamination risks are possible. Please ask your server if you require any additional information on food allergens.



