

- =LOW FAT
- =GLUTEN FREE
- =DAIRY FREE
- =VEGETARIAN
- =SUGAR FREE
- =SUPER FOOD
- =HAPPY HEART
- =HIGH FIBER
- =HIGH PROTEIN



## STARTERS & SALADS

- SOUP OF THE DAY ..... 5.50  
Fresh Home Made Soup with Bread
- BREAD & DIPS ..... 5.95  
Selection of House Baked Breads with Dips
- CHICKEN LIVER PATE ..... 7.95  
with Toast & Cumberland Sauce
- SPICY WINGS ..... 7.95  
Roasted & Tossed in a Med to Hot Spicy Sauce with a Sweet Chilli Dip
- CRISPY BEEF BRISKET BON BON .... 7.50  
24 Hour Slow Cooked Brisket Wrapped up in a Breadcrumb Coat with Horseradish Dip
- BRUSCHETTA ..... 6.95  
Tomato, Mushrooms, Onion, Mozzarella Cheese, Pesto & Balsamic
- TIGER PRAWNS PIL PIL ..... 9.95  
Cooked in Olive Oil with Garlic & Chillies with Dipping Bread
- WARM CHICKEN SALAD ..... 10.45/13.50  
Grilled Chicken on Mixed Leaves with Rustic Potatoes & a Light House Dressing
- PRAWN & CHORIZO SALAD ..... 12.95/14.95  
Tiger Prawns & Sliced Chorizo Cooked in Cajun Spices and Garlic with Peppers on a mixed Leaf Salad
- KITCHEN GARDEN SUPERFOOD SALAD\* ..... 9.50/13.50  
Roast Butternut Squash, Roast Sweet Potato, Beetroot, Lentils, Feta Cheese, Mixed Leaves & Citrus Dressing

## BURGERS

ALL BURGERS ARE SERVED IN A BRIOCHE BUN WITH LETTUCE, TOMATO, ONION & HOME CUT CHIPS

- CLASSIC BEEF ..... 11.95  
Prime Irish Beef with Tomato Relish
- BACON & CHEESE BURGER ..... 13.95  
Prime Irish Beef with Bacon & Cheese
- DIRTY BURGER ..... 14.95  
Prime Irish Beef, Pulled Pork & Cheese
- BLACK AND BLUE ..... 13.95  
Prime Irish Beef, Black Pudding, Caramelised Onion & Melted Cashel Blue
- CHICKEN FILLET ..... 12.95  
with Honey & Mustard Mayo
- CLASSIC LAMB ..... 13.50  
with Feta & Tzatziki
- FALAFEL BURGER ..... 13.50  
Homemade Falafel served in a Pitta with Salad & Tzatziki
- HALOUMI & MUSHROOM ..... 12.95  
Grilled Haloumi, Portobello Mushroom, Roast Peppers & Pesto

### EXTRA TOPPINGS

- Mozzarella Cheese ..... 1.00
- Blue Cheese ..... 1.60
- Feta ..... 1.60
- Pulled Pork ..... 3.50
- Grilled Bacon ..... 1.95
- Fried Egg ..... 1.20
- Sundried Tomatoes ..... 1.60
- Roast Peppers ..... 1.50
- Sauté Onions ..... 1.55
- Pepper Sauce ..... 1.50
- Garlic Butter ..... 1.50
- Sliced Chorizo ..... 1.95

## MAINS

- 8OZ PRIME IRISH SIRLOIN STEAK ..... 20.95  
Mushrooms, Onions, Home Cut Chips & Peppered Sauce
- WARM BEEF SALAD ..... 15.95  
Warm Prime Irish Beef with Cashel Blue Cheese & Rustic Potatoes on Mixed Leaves with House Dressing, Balsamic Glaze & Pesto
- ROAST BREAST OF CHICKEN ..... 16.95  
Chorizo Cream Sauce, Green Beans, Courgettes, Creamed Potatoes
- FISH SPECIAL ..... ASK SERVER/SEE BOARDS
- FISH & CHIPS ..... 15.50  
Todays Market Fish with Pea Puree & Tartar Sauce
- FISH & POTATO CAKES ..... 15.50  
Salad, Home Cut Chips & Chilli Jam
- FILLET OF SALMON ..... 17.50  
Hollandaise Sauce, Creamed Potatoes & Seasonal Vegetables
- GOOD OLD FASHIONED CURRY  
Served with Rice, Mango Chutney, Yogurt & Poppadom
- CHICKEN ..... 14.50
- PRIME IRISH BEEF ..... 15.95
- PRAWN ..... 17.95
- VEGETARIAN ..... 14.50
- BEEF LASAGNE ..... 13.95  
Layers of Pasta & Prime Irish Beef Bolognese Topped with Cheese Sauce, Salad & Garlic Bread
- PENNE POLLO ..... 14.95  
Penne with Chicken, Mushrooms, Onions & Basil in a White Wine & Cream Sauce
- PENNE PRAWNS ..... 17.50  
Penne with Tiger Prawns, Chilli, Spring Onions, Garlic & Pesto
- PENNE PESTO ..... 13.50  
Penne with Green Beans, Rocket, Cherry Tomatoes & Sundried Tomato Pesto

## SIDES

- HOME CUT CHIPS ..... 3.65
- STRING FRIES ..... 3.65
- SWEET POTATO FRIES ..... 4.70
- CREAMED POTATOES ..... 3.10
- BASKET OF BREAD ..... 3.95
- MIXED VEGETABLES ..... 4.15
- WILTED SPINACH ..... 4.15
- HOUSE SIDE SALAD ..... 4.15
- GARLIC BREAD ..... 3.20
- GARLIC BREAD & CHEESE ..... 3.65

IF YOU HAVE A FOOD OR DRINK ALLERGY OR INTOLERANCE PLEASE INFORM A MEMBER OF OUR TEAM. THE FOOD ALLERGENS USED IN THE PREPARATION OF OUR FOOD CAN BE VIEWED IN THE SEPARATE BOOKLET AVAILABLE AT THE COUNTER.

## WHITE WINE

 150ml

 500ml

 750ml

1. JEAN BALMOT SAUVIGNON BLANC   FR <i>Refreshing with Aromas Of Crisp Fruit, Gooseberry, Apple And Lime.</i>	5.50	16.50	22.00
2. ALDRIDGE ESTATE CHARDONNAY   AUS <i>Light Melon And Stone Fruit Flavours with A Delicate Touch Of Oak.</i>	5.95	17.85	23.00
3. CORTE VIGNA PINOT GRIGIO   IT <i>A Light, Dry, Floral Style Wine with Racy Balanced Fruit.</i>	6.00	18.00	23.50
4. KAPUKA SAUVIGNON BLANC   MARLBOROUGH <i>Fresh, Crisp Wine with Lively Fruit</i>	6.50	19.50	28.50
5. ALBARIÑO SALTERIO   SP <i>Fresh Aromas Of Gooseberries And Ripe Melon with Refreshing Acidity.</i>			26.50
6. KLEINE ZALZE BUSH VINES CHENIN BLANC   SA <i>Ripe, Tropical Fruit Flavours with A Soft, Round Finish.</i>			27.00
7. PICPOUL DE PINET, DOMAINE SAINTE-ANNE   FR <i>Citrusy, Soft. Delicate And Fresh.</i>			28.50

## RED WINE

 150ml

 500ml

 750ml

8. VALDEMORO MERLOT   CH <i>A Smooth, Fruity Medium Bodied Red, Enjoy!</i>	5.50	16.50	22.00
9. GRANFORT CABERNET SAUVIGNON   FR <i>Soft, Fruity, Well Balanced with A Soft Finish.</i>	5.95	17.85	23.00
10. CALEO MONTEPULCIANO D'ABRUZZO   IT <i>Full Bodied with A Well-Balanced Finish.</i>	6.50	19.50	24.50
11. FINCA LA LINDA MALBEC   AR <i>Velvety And Elegant with A Good Structure And Volume.</i>	6.50	19.50	24.50
12. BERONIA CRIANZA RIOJA   SP <i>Beautifully Balanced Wine with Ripe Fruit Flavours.</i>	7.50	22.50	29.50
13. TEMPUS TWO SILVER SERIES SHIRAZ   AUS <i>Medium Bodied with Sweet Plums And Jammy Fruits.</i>			24.00
14. ELEVE PINOT NOIR   FR <i>Lightly Oaked Full Of Fruity Aromas.</i>			27.50

## PROSECCO

 200ml

 750ml

15. PROSECCO   IT <i>Fresh And Vibrant with A Delicate Crisp Finish.</i>			35.00
16. SNIPE - PROSECCO   IT <i>Appealing Ripe Fruit On The Nose with Hints Of Apple, Pear And Peach.</i>		9.95	

## ROSE

 150ml

 500ml

 750ml

15. CORTE VIGNA PINOT GRIGIO ROSE   ITALY <i>Delicate And Fresh with Strawberry And Cherry Flavours.</i>	5.95	17.85	23.00
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## DRINKS

HEINEKEN 00	5.00	COORS LIGHT	5.50
HEINEKEN	5.50	ORCHARD THIEVES CIDER	5.70
CORONA	5.50		

**"OUR PHILOSOPHY - WITH OUR EMPHASIS ON FRESHNESS & FLAVORS, OUR DISHES ARE PREPARED USING THE BEST LOCALLY SOURCED INGREDIENTS"**

*'Which is why we grow vegetables, herbs & fruit when in season at our own Kitchen Garden's Check out our facebook page and see your food grow.*  
[www.facebook.com/14Arestaurant](http://www.facebook.com/14Arestaurant)

WE ARE ALSO SUPPLIED BY CORKS FINEST

CHICKEN INN  
KEOHAN'S

ENGLISH MARKET  
KINSALE ROAD

FRESH IRISH CHICKEN  
FRESH FISH

CL MEATS  
ALL FRESH  
14A ALLOTMENT

KINSALE ROAD  
LITTLE ISLAND  
ROB'S KITCHEN GARDEN

IRISH BEEF, LAMB & BACON  
FRESH VEGETABLES  
ORGANIC HERBS, VEGETABLES & FRUIT