

- =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.

ONE BILL PER TABLE

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

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