

- =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
- 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 1.50
- 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 & Pepper 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 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