

LUNCH SPECIALS

(12pm – 5pm Everyday)

BRUNCH

BREAKFAST HASH Potato Chunks, Spinach, Tomatoes, 2 Poached egg, Hollandaise Sauce	10.50	CRUSHED AVOCADO ON TOAST Lime, Chilli, Tomato & Rocket ADD POACHED EGG	8.50 10.50
EGGS BENEDICT Poached Eggs with Bacon on Toast Topped with Hollandaise	9.95	AMERICAN STYLE PANCAKES, Lemon & Maple Syrup (V) Bacon & maple Syrup	6.95 9.95
EGGS FLORENTINE Poached Eggs with Spinach on Toast Topped with Hollandaise	9.95	ALL DAY BREAKFAST 2 Sausages, 2 Bacon, Mushrooms, Egg, Pudding, Tomato, Rustic Potatoes & Toast	11.95
CREAMY MUSHROOMS ON TOAST V	6.95		

14A SANDWICHES

On Choice of White, Brown Rye, Wholemeal. (Gluten Free Bread €1 extra)

ADD HOUSE CHIPS 3.95

BLT Bacon, Lettuce, Tomato & Mayo	7.95	BRUSCHETTA (V) Tomato, Onion, Cheese, Pesto & Balsamic Add Chicken	7.95 9.95
TOASTED SPECIAL Roast Ham, Cheese, Tomato & Onion, House Relish	8.50	BBQ PULLED PORK BURRITO Melted Cheese, Rice, Salsa, Chipotle sauce.	9.95
14A OPEN CHICKEN SANDWICH Sliced Chicken Breast, Mixed Garden Leaf Salad, Chilli Mayo	8.50	QUESADILLA Sliced Chicken, Avocado, Salsa, Peppers & Cheese	9.95
BACON & CHEESE MELT with Red Onion jam	7.50		

MAINS

STEAK SANDWICH Mushrooms & Onions, Salad, Home cut Chips	15.50	GOUJONS OF CHICKEN Garlic Dip, side Salad, House Cut Chips	13.95
CHICKEN PITTA Grilled Chicken, Chilli Mayo, Salad in a Toasted Pitta, House chips	13.95		

NB: SUBJECT TO CHANGE



**WE USE ONLY THE FRESHEST HIGH-QUALITY INGREDIENTS THAT ARE
LOCALLY SOURCED AND ORGANIC, WHENEVER POSSIBLE, TO MAKE UP OUR
DIVERSE MENUS. MANY OF OUR DISHES FEATURE VEGETABLES, HERBS AND
FRUIT GROWN AND HARVESTED BY US IN OUR OWN KITCHEN GARDEN.**

STARTERS			
SOUP OF THE DAY (V) (GF Option) House Bread	6.50	TIGER PRAWNS PIL PIL (GF Option) Garlic, Chillies, Olive Oil, Dipping Bread	11.95
SPICY CHICKEN WINGS Blue Cheese Dip	8.95/14.95	HALLOUMI STICKS Sweet Chilli Dip	7.50
CRUSHED AVOCADO DIP (VG) with Tortilla Chips	6.95	BRUSCHETTA (V) Tomato, Onion, Mozzarella Cheese, Pesto & Balsamic Add Chicken	7.95 9.95

SALADS			
KITCHEN GARDENS SALAD, CITRUS DRESSING (VG) Quinoa, Butternut Squash, Sweet Potato, Beetroot, Roast Peppers, & Rocket,	13.50	WARM CHICKEN SALAD Grilled Chicken on Mixed Leave Salad, Rustic Potatoes, House Dressing	13.95
ADD CHICKEN	17.50	WARM BEEF SALAD Warm Sirloin of Beef, Cashel Blue Cheese, Rustic Potatoes, Mixed Leaves, Balsamic Glaze & Pesto	15.95

BURGERS			
in a Bun, with Lettuce, Tomato & Onion, Served with Home Cut Chips			
CLASSIC IRISH BEEF BURGER	12.95	DIRTY BURGER	16.95
WITH CHEESE	13.95	Beef, Bbq Pork & Cheese	
WITH BACON & CHEESE	14.95		
CHICKEN BREAST BURGER	13.50	BBQ PULLED PORK BURGER	13.95
FALAFEL BURGER (V)	13.95	PORTOBELLO BURGER (V)	13.95
Served In a Pitta with tomato, cucumber & lettuce.		Mushroom, Roast Pepper, Crushed Avocado	

EXTRA TOPPINGS			
Mozzarella Cheese	1.00	Grilled Halloumi	2.95
Fried Egg	1.60	Grilled Bacon	2.00
Sauté Onions	1.55	Blue Cheese	1.60
Pepper Sauce	1.50	Garlic Butter	1.50

MAINS			
FISH & CHIPS Mushy Peas, Tartar Sauce	16.95	ROAST FILLET OF SALMON Mixed Vegetable, Creamed Potato, Hollandaise Sauce	19.95
ROAST BREAST OF CHICKEN, IN A CHORIZO CREAM Creamed Potato, Mixed Seasonal Vegetables	17.95	PRIME IRISH 8OZ SIRLOIN STEAK With Portobello Mushroom, Sauté Onions & House Chips,Pepper Sauce or Garlic Butter	25.95
HOUSE CURRY (GF) Poppadum & Mango Chutney Served with Rice		14A STIR-FRY, with Sesame Seeds, Chilli & Soya Sauce, Served with Rice	
	Chicken Vegetable Beef Prawn		14.95 14.95 18.95 19.95

SIDES			
House Cut Chips	3.95	Basket Of Bread	3.95
String Fries	3.95	House Side Salad	4.95
Sweet Potato Fries	4.95	Creamy Mashed Potato	3.95
Cheesy Garlic Fries	6.50	Mixed Vegetables	3.95
Wilted Spinach	4.95	Garlic Bread	2.95
Garlic Bread With Cheese	3.95		

PASTA			
BEEF LASAGNE Layers of Pasta & Beef Bolognese Topped with Cheese Sauce, Garlic Bread	13.95	PENNE PESTO VE Green Beans, Rocket, Tomatoes, Sundried Tomato Pesto	13.95
PENNE POLLO Penne with Chicken, Mushrooms, Onions & Basil with a White Wine Cream Sauce	14.95	PENNE PRAWNS Tiger Prawns, Chorizo, Chilli, Spring Onion, Garlic & Pesto	17.95

MENU NOTES	
IF YOU HAVE A FOOD OR DRINK ALLERGY OR INTOLERANCE, PLEASE INFORM A MEMBER OF OUR TEAM. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request	
WE PREPARE AND COOK OUR DISHES TO ORDER, AS A RESULT SOME OF OUR DISHES MAY TAKE UP TO 20/30 MINUTES	

PLEASE SEE REVERSE SIDE FOR LUNCH SPECIALS →