

Starters

Freshly Made Soup of The Day

Served with Mini Bread Rolls

(Contains Allergen Wheat (Bread Roll) Soya, Dairy, Sulphur Dioxide, Celery)

€5.95

Chili & Lime Fish Tacos

Tempura tiger prawn, shredded mixed cabbage, guacamole, Tomato salsa, Chipotle sauce

(Contains Allergen shellfish, Soya, Dairy, mustard)

€9.95

Citrus marinated Chicken Caesar Salad

Crispy Bacon, Gem Lettuce, Parmesan Shavings, Garlic Croutons,

Homemade Caesar Dressing

(Contains Allergen fish (anchovies) Wheat, Dairy, eggs, Sulphur Dioxide, mustard)

€8.95

Duck Spring Rolls

Mixed Garden Salad, Hoi Sin & ginger dipping Sauce

(Contains Allergen Wheat, Soya, Dairy, Sulphur Dioxide, egg, mustard)

€8.95

Korean style Chicken Wings

Toasted Sesame seeded Chicken Wings Tossed in a BBQ Korean Sauce,
garlic & parmesan dip

(Contains Allergen Soya, Dairy, Sulphur Dioxide, egg, mustard, sesame seeds)

Starter €8.95/ Main €11.95

Superfood Salad with acai berry Yogurt Dressing

Mixed Leaf, Roasted Red Peppers, Goats' Cheese, Mixed Olives, Quinoa, Beetroot Dried
Cranberries, Sun Flower Seeds, Sun Dried Tomatoes

(Contains Allergen Soya, Dairy, mustard)

€9.95

Blue falls Goat's cheese Filo tartlets

Roasted vegetable, caramelized red onion, pineapple salsa

(Contains Allergen Soya, Dairy, mustard)

€8.95

Mains

Authentic Chicken Tikka masala

Fragrant basmati rice, garlic & coriander naan bread
poppadum basket

(Contains Allergen Wheat, Soya, Dairy, Sulphur Dioxide)

€16.95

"The Big Smoke"

BBQ 8oz Beef Burger

Bourbon BBQ Bun, smoked applewood Cheese, smokey baconnaise ,
Lime slaw, Homestyle Chips

(Contains Allergen Wheat, Soya, Dairy, Sulphur Dioxide, egg, mustard, sesame seeds)

€16.95

Fresh Fillet of Atlantic Cod

Crispy Sesame seed seasoned Batter, Homestyle Chips
mushy peas, Tartar Sauce

(Contains Allergen fish, Wheat, Dairy, egg, mustard)

€16.95

Thai style Stir Fry

Broccoli, Bok Choy, Mixed Peppers, rice noodles, toasted sesame seeds
Hoi-sin & pickle ginger sauce

(Contains Allergen Soya, Dairy, Sulphur Dioxide, sesame seeds)

€15.95

Add Chicken €1

Add prawns €2

Add Beef €2

Creamy Chicken & Smoked Bacon farfalle Pasta

White Wine & Garlic Cream Sauce, Parmesan Shaving
Basil Pesto & Garlic Bread

(Contains Allergen Wheat, Dairy, Sulphur Dioxide)

€16.95

Sesame & Nori Seaweed Crusted Fillet of Seabass

Heritage Kale, Chorizo, Tempura Sea Bass, Garlic Roasted Diced Potato

(Contains Allergen fish, Dairy)

€17.95

BBQ Buttermilk Chicken Burger

Bourbon BBQ Bun, smoked applewood Cheese, smokey baconnaise ,
Lime slaw, Homestyle Chips

(Contains Allergen Wheat, Soya, Dairy, Sulphur Dioxide, egg, mustard, sesame seeds)

€16.95

Slow Cooked 9oz Beef Rump

Yorkshire Pudding, creamy mash potato, vegetable, Mixed Peppercorn Sauce

(Contains Allergen Wheat, Soya, Dairy, Sulphur Dioxide)

€17.95

Irish Chicken supreme

Wrapped in serrano ham

Stuffed with applewood smoked cheese,

Garlic gratin, creamy wild mushroom sauce

(Contains Allergen Soya, Dairy, Sulphur Dioxide)

€17.95

28 Days Dry Aged 10oz Sirloin Steak

Garlic Sautéed Onions & Mushrooms, Slow Roasted Tomato, Homestyle Chips

Choice of Peppercorn Sauce or Red Wine Jus

(Contains Allergen Dairy, Sulphur Dioxide)

€28.95

Please Allow 15-20 Minutes

For Well Done Steak & Chicken breast

Food Items May Not Contain Nut Or Gluten Ingredients

We Are Not A Nut Free Or Gluten Free Kitchen

Side Extra €3.50

Chunky Chips

Mixed Salad

Sauteed Mushrooms

Sautéed Onions

Homemade Onion Rings

Garlic & coriander naan bread

Gluten free / Vegan healthy options

Starters

Gluten free Citrus marinated Chicken Caesar Salad

Crispy Bacon, Gem Lettuce, Parmesan Shavings, Homemade Caesar Dressing
(Contains Allergen fish (anchovies), Dairy, eggs, Sulphur Dioxide, mustard)

€9.00

Gluten free Korean style Chicken Wings

Toasted Sesame seeded Chicken Wings Tossed in a BBQ Korean Sauce, garlic & parmesan dip

(Contains Allergen Soya, Dairy, Sulphur Dioxide, egg, mustard, sesame seeds)

Starter €9.00/ Main €12.00

Superfood Salad with an acai berry Yogurt Dressing

(Gluten free or vegan options available)

Mixed Leaf, Roasted Red Peppers, Mixed Olives, Quinoa, Beetroot Dried Cranberries, goat's cheese, Sun Flower Seeds, Sun Dried Tomatoes

(Contains Allergen Soya, Dairy, mustard)

€10.00

Chili & Lime Fish Tacos

(Gluten free or vegan options available)

Steamed tiger prawn, shredded mixed cabbage, guacamole, Tomato salsa, Chipotle sauce

(Contains Allergen fish, egg, mustard)

€10.00

Vegan Samosa

filled with tikka flavored potato & vegetables

(Contains Allergen wheat)

main courses

Gluten free Authentic chicken Tikka masala

Fragrant basmati rice

(Contains Allergen Soya, Dairy, Sulphur Dioxide)

€16.95

'The Big Smoke'

BBQ 8oz Beef Burger

(Gluten free or vegan options available)

smoked applewood Cheese, smokey baconnaise ,
Lime slaw, Homestyle Chips

(Contains Allergen Wheat, Soya, Dairy, Sulphur Dioxide, egg, mustard, sesame seeds)

€16.95

Thai style Stir Fry

(Gluten free or vegan options available)

Broccoli, Bok Choy, Mixed Peppers, rice noodles, toasted sesame seeds
Hoi-sin & pickle ginger sauce

(Contains Allergen Soya, Dairy, Sulphur Dioxide, sesame seeds)

€15.95

Add Chicken €1

Add prawns €2

Add Beef €2

Vegan Indian flavored Filo tartlet

Roasted vegetable, chili oat bites, spiced coconut milk

(Contains Allergen wheat)

€15.00

Vegan Samosa main course

filled with tikka flavored potato & vegetables

(Contains Allergen wheat)

€15.00

Gluten Free Creamy Chicken & Smoked Bacon farfalle Pasta

White Wine & Garlic Cream Sauce, Parmesan Shaving

Basil Pesto & Garlic Bread

(Contains Allergen, Dairy, Sulphur Dioxide)

€16.00

Gluten Free Sesame & Nori Seaweed Crusted Fillet of Seabass

Heritage Kale, Chorizo, Tempura Sea Bass, Garlic Roasted Diced Potato
(Contains Allergen Dairy)

€17.95

Gluten free Slow Cooked 9oz Beef Rump

creamy mash potato, Mixed Peppercorn Sauce
(Contains Allergen Dairy, Sulphur Dioxide)

€16.95

Gluten free Chicken supreme

Chorizo & butternut squash orzo, creamy wild mushroom sauce
(Contains Allergen Dairy, Sulphur Dioxide)

€19.95

Gluten Free 28 Days Dry Aged 10oz Sirloin Steak

Garlic Sautéed Onions & Mushrooms, Slow Roasted Tomato, Homestyle Chips
Choice of Peppercorn Sauce or Red Wine Jus
(Contains Allergen Dairy, Sulphur Dioxide)

€27.00

Food Items May Not Contain Nut Or Gluten Ingredients

We Are Not A Nut Free Or Gluten Free Kitchen

Desserts

Selection of Ice Cream

Chocolate Wafer Basket, Chocolate Sauce
(Contains Allergen Wheat, Soya, Dairy, egg, traces of nuts)
€6.50

Gluten free & vegan chocolate ganache tart

Served with fruit puree & fresh fruit
(Contains Allergen nuts)
€6.95

Rich chocolate mousse

Served with fresh cream & fruit puree
(Contains Allergen Wheat, Soya, Dairy, egg, traces of nuts)
€6.95

Warm Apple & Cinnamon Crumble

Served with vanilla Ice Cream in a chocolate wafer basket
(Contains Allergen Wheat, Soya, Dairy, egg, traces of nuts)
€6.95

Trio of Mini vegan Cheesecakes

Served with fruit puree & fresh fruit
(Contains Allergen Wheat, Soya,)
€6.95

Salted caramel delight on a crunchy biscuit base

Served with fresh cream & fruit puree
(Contains Allergen nuts, Wheat, Soya, Dairy, egg)
€6.95

Sticky Toffee Pudding

Served with vanilla Ice Cream in a chocolate wafer basket
(Contains Allergen Wheat, Soya, Dairy, egg, traces of nuts)
€6.95

Strawberry roulade

Served with fresh cream & fruit puree
(Contains Allergen Dairy, egg, traces of nuts)
€6.95