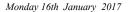




RESTAURANT	Monday 16th Jan 2017	
MENU	ALLERGENS	
SOUP		
Roasted Plum Tomato Soup with Parmesan & Basil.	6.9.10	€ 5.00
Winter Vegetables Broth with Spring Onion & Parsley.  MAINS	10	€ 5.00
Grilled Supreme of Free range Chicken served in a light Parsley Broth with Bok		
Choy, Bean Sprouts, Baby Spinach, Spring Onion and Baby Carrots.	9.1	€ 13.00
Cracked Black Pepper roasted Sirloin of Beef with glazed pearl Onions, Wild  Mushrooms & Brandy Veloute.  FISH OF THE DAY	9,10	€ 14.00
Baked Fillet of Cod with a Crab smoked Salmon mousse and Pistachio Crust &	2,4,8	
pickled candied Beetroot. VEGETARIAN		€ 14.00
Roasted Potato and Vegetable gateaux layers of sliced potatoes baked and served	6	
with Manchego and Oak smoked Cheddar Cheese with roasted Garlic & Black OUICHE **		€ 9.50
Individual Butternut Squash, Basil & Chicken Tartlets with Melted Goats  TANDOORI SALMON & PRAWN SKEWERS ***	1.3.4.6	€ 7.00
Tandoori Salmon and Prawn Skewers with lemon, horseradish and chive sour cream	4,6, 8,10	€ 11.00
BAKED SWEET POTATO **		
Baked sweet potatoes topped off with smoked bacon, spring onion, sweetcorn &	6,12	€ 7.00
manchego cheese		
** ADD Salads or Vegetables TO ANY OF THE ABOVE 3 DISHES FOR AN EXT	TRA €4	
CROQUE MONSIEUR		
Sourdough Bread with Mustard Grain Bechamel, Thick Cut Back Bacon & Mature White Cheddar Cheese	1, 10,6, 12	€ 8.00
SALADS		
Israeli Giant Couscous salad with Feta cheese, tomato, red Onion, Cucumber and Mint & Citrus Dressing	1,6	
Red Cabbage Slaw with giant golden Raisins, Pomegranate, Mango, Pineapple, Spring Onion, Coriander	6	
& Crème Fraiche. Red Organic Quinoa with Bean Sprouts, marinated Feta, cranberries, Walnuts, & Raspberry Vinegar	6,8	
SMALL SALAD PLATE		€ 6.25
LARGE SALAD PLATE		€ 10.00

 $\underline{Allergen\ Index}; 1.\ Gluten, 2.\ Crustaceans, 3.\ Eggs\ 4.\ Fish, 5.\ Soybeans, 6.\ Milk, 7.\ Peanuts, 8.\ Nuts$ 







## SANDWICH & COLD COUNTER MENU

	ALLERGENS	
SILVER COBB SALAD		
Cos lettuce, Cherry Tomato, Thyme Poached Chicken, Smoked Bacon, Sweet corn,	6, 12	
Cucumber & Avocado with Cashel Blue Cheese SMOKED SALMON ON HOMEMADE BROWN BREAD		€ 10.00
Salmon & Dill Pate topped with smoked salmon, capers, red onion & dill.  FOCCACIA SAMBO	1,4,6,8,11	€ 9.00
Ham, Rocket, Beef Tomato & Dubliner Cheese. BRUSCHETTA WITH TOMATO & AVOCADO SALSA	1,3,12,6	€ 7.00
Buffallo Mozzarella & Parma Ham	1,6,12	€ 9.00
CHICKEN, TOMATO & GOATS CHEESE FOCCACIA		
Oven Roasted Tomato & Basil Focaccia topped with Thyme Poached Chicken,	1,6,8,10,9	€ 9.00
Tomatoes, Red Onion, melted Ardsallagh Goats Cheese & dressed Rocket Leaves.		
WITH Soup OR Fries		€ 12.00
WITH Salad (3 Portions) CHICKEN & CHORIZO MELT		€ 13.00
Thyme Poached Chicken with Chive and Chorizo Aioli on a sunflower & Chia Loaf		
with melted Brie, Crispy Rocket & a Red Onion Salsa.	1, 8, 6, 5	€ 8.00
WITH Soup OR Fries		€ 11.00
WITH Salad (3 Portions)		€ 12.00
GOURMET EGG & CRESS SANDWICH		
Crushed Eggs mixed with homemade chives Mayo, Spring onions & freshly cut	1, 3, 5, 10	€ 7.00
mustard cress served on a floury soft white Waterford Blaa. WITH Soup OR Fries		€ 10.00
WITH Salad (3 Portions)		€ 11.00
WRAPS		
Tandoori Chicken Wrap with Mixed Leaves, Carrots & Coriander.	1,3,10,11.8	€ 7.00
Goats Cheese wrap with Rocket, Red Onion, Carrots & Herb Dressing.	1.6.7.8.10	€ 7.00
Wrap WITH Soup OR Fries		€ 10.00
Wrap WITH Salad (3 Portions)		€ 11.00

## \*\* KIDDIES MENU AVAILABLE PLEASE SEE TOP OF COUNTER FOR OPTIONS.