



heifer + hen

R E S T A U R A N T

TUESDAY - SATURDAY: 5PM - 10PM

SUNDAY: 1PM - 10PM

MESSAGE FROM OUR HEAD CHEF

"All our food is cooked fresh to order and therefore you may need to allow a little extra time, Particulary At Busy Times

"For those of you, who prefer your red meat well done, please allow an additional 15mins, approx."



STARTERS

- 1.CHEF'S SOUP OF THE DAY** €6.00
Please ask your server for details.
Served with oven fresh ciabatta and extra virgin olive oil. (Allergens 1, 4, 8)
- 2.MIXED BRUSCHETTA** €7.00
A selection of four individual slices of crispy Italian bread with the following toppings: Fresh tomato and basil, garlic and mozzarella cheese, tomatoes and anchovies, strips of Heffernan's dry-aged fillet steak in a mustard and white wine sauce. (Allergens 1, 4, 7, 10, 12)
- 3.DEEP FRIED BRIE** €7.50
Lightly coated, crisped brie served with a fruit Jelly. (Allergens 1, 3, 7, 12)
- 4.ITALIAN POTATO SKINS** €7.50
With parmesan and mozzarella cheese, bacon and a delicious garlic aioli dip. (Allergens 3, 7, 10)
- 5.FUNGHI IMPANATI** €7.50
Deep fried breaded mushrooms served with a side salad and a garlic mayo dip. (Allergens 7, 8, 12)
- 6.CROSTINI VEGETARIANI** €7.50
Platter of toasted breads with our own home made pesto of black olive, basil, almond, pine nut, artichoke and spicy sun dried tomato. (Allergens 1, 3, 8)
- 7.A DUO OF IRISH GOATS CHEESE AND BLACK PUDDING** €8.50
Killeen's Irish goat's cheese with roast peppers and apple, wrapped in puff pastry with Sean Kelly's award winning black pudding, drizzled with a hint of chilli oil and served with green leaves and juicy pomegranate. (Allergens 1, 2, 12)
- 8.GAMBERONI BRANDY** €10.50
King prawns in a brandy, chili and fresh tomato sauce. (Allergens 1, 12, 14)
- 9.PEPATE DI COZZE** €9.50
Fresh local mussels in a garlic, parsley, rich tomato and white wine sauce. (Allergens 1, 12, 14)
- 10.CALAMARI PROVENZALE** €9.50
Rings of calamari in a garlic, chilli and basil infused tomato and white wine sauce. (Allergens 7, 8)
- 11.SALMONE AFFUMICATO CON CAPPERI E CAPRINO** €9.50
Smoked salmon from the Wild Atlantic Way with goat's cheese and Sicilian capers. (Allergens 1, 12)

SALADS

- 12.INSALATA CAPRESE** €9.50
Vine ripened sliced tomato with buffalo mozzarella served on a bed of fresh rocket. (Allergens 1, 3, 7, 10)
- 13.INSALATA DEL PASTORE** €9.50
Mixed Leaves, William's pear, walnuts, goats cheese and an Irish honey dressing. (Allergens 1, 3, 4, 7, 10)
- 14.CAESAR SALAD** €12.50
Crisp lettuce, warm breast of Irish chicken, crisp homemade croûtons, drizzled with our own homemade caesar dressing and topped with parmesan shavings. (Allergens 1, 10, 14)
- 15.INSALATA GAMBERI** €13.50
Fresh shrimps served on a bed of rocket leaves with marinated tomatoes, roasted pine nuts and shavings of parmesan cheese, dressed with a reduction of balsamic vinegar (Allergens 1, 3, 7)



PASTA

- 16. PENNE ALL' ARABIATA** €10.50
Fresh penne pasta in a garlic, fresh chilli and tomato sauce. (Allergens 1)
- 17. TAGLIATELLE ALLA CARBONARA** €12.50
Fresh tagliatelle pasta with Heffernan's home-cured bacon lardons in a rich parmesan cream sauce. (Allergens 1, 3, 7, 12)
- 18. PENNE ALL' AMATRICIANA** €12.50
Fresh penne pasta with Heffernan's home-cured bacon lardons and sautéed onions in a rich tomato sauce. (Allergens 1, 3, 7, 12)
- 19. LINGUINE ALLA BOLOGNESE** €12.00
Fresh linguine pasta in a homemade Italian Bolognese sauce. (Allergens 1, 12)
- 20. TAGLIATELLE POLLO** €13.50
Fresh tagliatelle pasta with diced breast of Irish chicken, garlic and fresh chilli in a rich tomato sauce. (Allergens 1, 3, 7)
- 21. PENNE DELLA CASA** €14.50
Fresh penne pasta with oven roasted, Irish chicken breast, crisp broccoli, fresh chilli and homemade green and red pesto in a parmesan cream sauce. (Allergens 1, 7)
- 22. PENNE MARE E MONTE** €15.50
Fresh penne pasta with shrimps cooked in a light mushroom and garlic cream sauce. (Allergens 1, 2, 4, 12, 14)
- 23. LINGUINE AI FRUTTI DI MARE** €18.50
Fresh linguine pasta with prawns, mussels, calamari and fresh crab in a garlic, white wine and tomato sauce. (Allergens 1, 2, 4, 12, 14)
- 24. TAGLIATELLE FUNGHI CON POLLO** €15.50
Fresh tagliatelle pasta with diced breast of Irish chicken and forest mushroom in a cream and garlic sauce. (Allergens 1, 3, 7)
- 25. LASAGNE DELLA CASA** €15.50
Traditional, homemade Italian lasagne made with Heffernan's beef, served with crispy hand-cut chips and a mixed leaf salad. (Allergens 1, 3, 7, 10, 12)
- 26. PENNE VEGETARIANA** €13.50
Fresh penne pasta with seasonal mixed vegetables in a rich tomato and garlic sauce. (Allergens 1, 12)
- 27. RAVIOLI ALLA PANCETTA** €15.50
Traditional Italian ravioli stuffed with Heffernan's prime beef, in a home-cured bacon, forest mushroom and cream sauce. (Allergens 1, 3, 7)
- 28. RAVIOLI ALLA BOLOGNESE** €16.50
Traditional Italian ravioli stuffed with Heffernan's prime beef in a bolognese sauce. (Allergens 1, 3, 7, 10)
- 29. RAVIOLI VEGETARIANA** €14.50
Ravioli stuffed with ricotta cheese and spinach with mushrooms, courgettes, aubergine, sweet peppers, homemade green and red pesto in a parmesan cream sauce. (Allergens 1, 3, 7, 12)

RISOTTO

- 30. RISOTTO VEGETARIANA** €15.00
Slow-cooked carnaroli rice with mushrooms, courgettes, aubergines and peppers in a in a light touch tomato and parmesan cheese sauce. (Allergens 7, 12)
- 31. RISOTTO CALAMARI PISELLI** €17.50
Slow-cooked carnaroli rice with calamari, crab meat, petit pois, chilli and garlic. (Allergens 1, 3, 7, 10)



32. RISOTTO POLLO E FUNGHI

€16.00

Slow-cooked carnaroli rice with breast of Irish chicken, garlic, forest mushroom and parmesan cheese. (Allergens 7, 12)

CHICKEN

33. POLLO ALLA GRIGLIA

€16.50

Grilled breast of Irish chicken served with oven roasted potatoes and a mixed leaf salad. (Allergens 3, 7, 10)

34. POLLO FUNGHI

€17.50

Tender breast of Irish chicken in a creamy garlic and mushroom sauce, served with oven roasted potatoes and mixed leaf salad. (Allergens 3, 7, 10)

35. POLLO MASCARPONE

€17.50

Pan fried breast of Irish chicken cooked in a cherry tomato and basil infused mascarpone cream sauce. Served with oven baked rosemary potatoes and a mixed leaf salad. (Allergens 1, 2, 3, 7)

36. POLLO RIPIENO

€17.50

Tender breast of Irish chicken stuffed with mixed vegetables, wrapped in Heffernan's home-cured bacon. Served with roast potatoes and a mixed leaf salad. (Allergens 1, 3, 7, 10)

37. POLLO ALLA MILANESSE

€17.50

Breast of Irish Chicken coated in bread crumbs topped with fresh diced tomatoes marinated in basil and extra virgin olive oil on a bed of rocket leaves. Served with oven roasted potatoes and a mixed salad. (Allergens 1, 12)

DUCK

38. ANATRA DELLO CHEF

€22.50

Breast of free range Irish duck, served with creamy mashed potato, fresh garlic, baby spinach and a fresh mango sauce. (Allergens 7, 12)

LAMB

39. COSTOLETTE DI AGNELLO

€22.50

Heffernan's grilled lamb cutlets with new potatoes, fresh mint served with a wild forest mushroom sauce. (Allergens 1, 3, 10, 12)

BEEF

40. SIRLOIN STEAK

€23.00

Dry aged beef from Heffernan's Butchery cooked to your liking, served with oven roast rosemary potatoes, mixed salad and your choice of the following sauces: (Allergens 3, 7, 10)

Al Pepe Verde: Fresh cream and green peppercorns (Allergens 1, 7, 12)

Al Funghi Porcini: Fresh cream and wild mushrooms (Allergens 1, 7, 12)

Al Borolo: Bacon, mushroom and Barolo red wine (Allergens 1, 12)

Traditional garlic butter (Allergens 7)

41. HEFFERNAN'S MAN STEAK

€25.00

"Intended for Men but also enjoyed by Women" A melt in your mouth, real rib-eye steak. Dry aged beef from Heffernan's Butchery cooked to your liking served with oven roast rosemary potatoes, mixed salad and your choice of the following sauces: (Allergens 3, 7, 10)

Al Pepe Verde: Fresh cream and green peppercorns (Allergens 1, 7, 12)

Al Funghi Porcini: Fresh cream and wild mushrooms (Allergens 1, 7, 12)

Al Borolo: Bacon, mushroom and Barolo red wine (Allergens 1, 12)

Traditional garlic butter (Allergens 7)



42. FILLET STEAK

€26.00

Dry aged beef from Heffernan's Butchery, cooked to your liking, served with oven roast rosemary potatoes, mixed salad and your choice of the following sauces: (Allergens 3, 7, 10)

Al Pepe Verde: Fresh cream and green peppercorns (Allergens 1, 7, 12)

Al Funghi Porcini: Fresh cream and wild mushrooms (Allergens 1, 7, 12)

Al Boro: Bacon, mushroom and Barolo red wine (Allergens 1, 12)

Traditional garlic butter (Allergens 7)

43. OUR BUTCHER'S CHOICE OF THE DAY

Ask for details or check out our board. Enjoy what the expert recommends. It doesn't get any better. Hand-picked by Anthony from his own butchery downstairs.

44. TAGLIATA DI VITELLO

€24.50

Dry aged beef from Heffernan's Butchery - a succulent 10oz. Sirloin steak, cooked to your liking, cut in strips and served on a bed of fresh rocket and cherry tomatoes, topped with parmesan shavings and rosemary butter. Served with oven roast potatoes and a mixed leaf salad. (Allergens 3, 7, 10)

45. HEFFERNAN'S CLASSIC BEEF BURGER

€16.50

Heffernan's 10oz. beef burger, fully dressed with Dubliner's mature cheddar, smoky bacon, lettuce, tomato, red onion. Served with Chef's homemade sauce, hand-cut chips and side salad. (Allergens 1, 3, 7, 10)

46. ITALIAN BEEF BURGER

€17.50

Heffernan's 10oz. beef burger served with crisp lettuce, beef tomato, buffalo mozzarella, Parma ham, green pesto, hand-cut chips and side salad. (Allergens 1, 3, 7, 10)

FISH

47. SALMONE ALL ZAFFERANO

€22.50

Locally sourced fillet of salmon with saffron, basil and cherry tomato sauce served with buttered vegetables. (Allergens 1, 7, 12)

48. SALMONE DELLO CHEF

€23.50

Locally sourced fillet of salmon with a tiger prawn, vine tomato and fresh lemon zest served with parmesan risotto. (Allergens 2, 4, 7, 12)

49. BRANZINO AL GAMBERI

€24.50

Pan fried fillet of sea bass served on a bed of crisp green peas topped with fresh prawns and a pepper mousse. (Allergens 2, 4, 7, 12)

50. BRANZINO DELLO CHEF

€24.50

Pan fried sea bass on a bed of fresh spinach and pasta topped with crab meat, mixed peppers and onions in a garlic and white wine sauce. (Allergens 1, 4, 12, 14)

51. SOGLIOLA ALL GAMBERI

€23.50

King prawns wrapped in lemon sole drizzled with an asparagus cream mousse served with baby spinach and new potatoes. (Allergens 2, 4, 7, 12)

52. SOGLIOLA ALL SICILIANA

€24.50

Lemon sole, mussels, calamari, crab, chilli, courgettes, garlic and cherry tomatoes in a white wine sauce served with baby carrots and new potatoes. (Allergens 2, 4, 12, 14)



HOMEMADE PIZZA

Our Pizzas are authentic Italian - thin crispy base. Prepared fresh using real Italian hand-made pizza dough and our Chef's own tomato sauce recipe using well ripened, plum tomatoes.

- 53.FOCACCIA** €6.00
Thin and crispy home-made pizza base with extra virgin olive oil, garlic and fresh rosemary. (Allergens 1)
- 54.FOCACCIA WITH MOZZARELLA CHEESE** €7.50
Thin and crispy home-made pizza base with extra virgin olive oil, garlic and fresh rosemary and mozzarella Cheese. (Allergens 1, 7)
- 55.MARGHERITA** €11.00
Tomato sauce topped with mozzarella cheese. (Allergens 1, 7)
- 56.DIAVOLA** €12.50
Tomato sauce topped with mozzarella cheese, pepperoni, onion and chilli. (Allergens 1, 7)
- 57.HAWAII** €12.50
Tomato sauce topped with mozzarella cheese, ham and pineapple. (Allergens 1, 7)
- 58.PROSCIUTTO FUNGHI** €12.50
Tomato sauce topped with mozzarella cheese, mushrooms and ham. (Allergens 1, 7)
- 59.VEGETERIANA** €12.00
Tomato sauce topped with mozzarella cheese, mushrooms, olives, peppers, onions and sweetcorn. (Allergens 1, 7)
- 60.QUATTRO FORMAGGI** €13.00
Tomato sauce topped with four cheeses. (Allergens 1, 7)
- 61.FIORENTINA** €12.50
Tomato sauce topped with mozzarella cheese, chicken, spinach, mushrooms, garlic and egg. (Allergens 1, 7)
- 62.CALZONE** €13.00
Folded pizza with tomato sauce, mozzarella cheese, ham, pepperoni and mushroom. (Allergens 1, 7)
- 63.HEFFERNAN'S MEAT LOVER'S PIZZA** €13.50
Tomato sauce topped with mozzarella cheese, chicken, bacon, pepperoni and ham. (Allergens 1, 7)
- 64.PIZZA DEL MARE** €15.50
Tomato sauce topped with mozzarella cheese, calamari, small prawns, capers, mussels and garlic. (Allergens 1, 7)
- 65.PIZZA DI PARMA** €14.50
Tomato sauce topped with mozzarella cheese, Parma ham, rocket and parmesan shavings. (Allergens 1, 7)
- 66.QUATTRO STAGIONI** €13.50
Tomato sauce topped with mozzarella cheese, anchovies, artichokes, ham, mushroom and peppers. (Allergens 1, 7)
- 67.PIZZA DELLA CASA** €12.50
Tomato sauce topped with mozzarella cheese, spinach, black olives, and goat's cheese. (Allergens 1, 7)
- 68.PIZZA NAPOLI** €11.50
Tomato sauce topped with mozzarella cheese, capers, olives, anchovies and oregano. (Allergens 1, 7)
- 69.PIZZA FATTORIA** €13.00
Tomato sauce topped with mozzarella cheese, chicken, mushroom, olives, garlic and rosemary. (Allergens 1, 7)
- EXTRA TOPPINGS:** Seafood /Meat/Parma Ham: €1.50.
- ALL OTHER TOPPINGS:** €1.00



SIDE ORDERS

70.HAND CUT CHIPS	€3.50
71.BABY BOILED POTATOES	€3.50
72.SIDE SALAD Mixed leaves, onions, peppers and cherry tomatoes (Allergens 1, 3, 7, 8, 12)	€3.50
73.OVEN BAKED ROSEMARY POTATOES (Allergens 7)	€4.00
74.MASHED POTATOES (Allergens 7)	€4.00
75.MIXED VEGETABLES (Allergens 7)	€4.00

DESSERT

76.TIRAMISU A rich and creamy coffee infused Italian delight. (Allergens 1, 3, 7, 8, 12)	€4.50
77.NEW YORK ORIGINAL CHEESECAKE Our simple and exquisite baked cheesecake with fresh raspberries. (Allergens 1, 3, 7, 8, 12)	€4.50
78.MOUSSE DI CIOCCOLATO Delicately flavoured Italian chocolate mousse. (Allergens 1, 3, 7, 8, 12)	€4.50
79.PANNA COTTA Traditional Italian creamy panna cotta with a berry compote. (Allergens 1, 7, 8)	€4.50
80.WARM CHOCOLATE BROWNIE Deliciously rich chocolate brownie served with Italian ice-cream. (Allergens 1, 3, 7, 8)	€4.50
81.CRÈME BRULEE A creamy rich custard base topped with a crunchy layer of caramel. (Allergens 3, 7)	€6.00
82.MIXED ICE-CREAM A trio of Italian Gelato: vanilla, strawberry and chocolate.	€6.00

ALLERGENS

(1) Wheat, (2) Crustacean, (3) Eggs, (4) Fish, (5) Peanut, (6) Soyabean, (7) Milk & Milk Products, (8) Nuts, (9) Celery, (10) Mustard, (11) Sesame Seeds, (12) Sulphur Dioxide and Sulphites, (13) Lupin, (14) Molluscs.

COFFEE/TEA

ESPRESSO	€2.00	EARL GREY	€2.50
DOUBLE ESPRESSO	€3.00	HERBAL TEA	€2.50
AMERICANO	€2.50	PEPPERMINT TEA	€2.50
CAPPUCCINO	€3.00	CAMOMILE TEA	€2.50
CAFFÉ LATTE	€3.00	GREEN TEA	€2.50
MOCACCINO	€3.00		
HOT CHOCOLATE	€3.00		



LIQUEUR COFFEES

IRISH COFFEE	€6.00
Jameson, whiskey, espresso coffee and whipped cream.	
CALYPSO COFFEE	€6.00
Tia Maria, espresso coffee and whipped Cream.	
FRENCH COFFEE	€6.00
Hennessey brandy, espresso coffee and whipped cream.	
BAILEYS COFFEE	€6.00
Bailey's, espresso coffee and whipped cream.	
AFFOGATO	€5.50
The alcohol free alternative to a liqueur coffee. A cross between a coffee and a dessert. A traditional Italian espresso based treat made with a scoop of vanilla ice cream topped with a shot of hot espresso.	

DRAUGHT BEER

PERONI	
Brewed to 5.1% ABV, Peroni Nastro Azzurro is a crisp and refreshing beer, offering a delicate balance of bitterness & aromatic notes combined with a stunning clean finish	
PINT	€5.50
1/2 PINT	€3.50

BOTTLED BEERS

PERONI	€5.00
HEINEKEN	€5.00
BUDWEISER	€5.00
COORS LIGHT	€5.00
BULMERS	€5.00
NON-ALCOHOLIC BEER	€5.00

IRISH ARTISAN CRAFT BEERS

From the Dungarvan Brewing Company

BLACKROCK - IRISH STOUT	€5.50
COPPERCOAST - IRISH RED ALE	€5.50
HELVICK GOLD - IRISH BLONDE ALE	€5.50

MINERALS

COKE / DIET COKE / FANTA / SPRITE	€2.50
ORANGE JUICE / APPLE JUICE	€2.50
STILL WATER 500ML	€2.50
STILL WATER 750ML	€3.50
SPARKLING WATER 500ML	€2.50
SPARKLING WATER 750ML	€3.50