

## Day Menu

<b>Soup of the Day</b> (Contains Celery, Milk – Bread served contains Gluten from Wheat)	€6.50
<b>Goats Cheese &amp; Roast Beetroot Salad</b> Pinenuts, Cos Lettuce, Balsamic & Beetroot Vinaigrette (Contains: Milk, Sulphites, Mustard, Nuts: Pinenuts)	€12.50
<b>Creamy Atlantic Seafood Chowder</b> (Contains Milk, Fish, Crustaceans, Celery, Molluscs, Sulphites)	€8.50
<b>Chicken and Bacon Caesar Salad</b> Crispy Bacon, Garlic Croutons, Parmesan Shaving (Contains Wheat, Eggs, Milk, Fish, Mustard, Sulphites)	€9.50
<b>Smoked Salmon &amp; Avocado Salad</b> Arugula, Baby Capers, Toasted Sour Dough, Lemon & Dill Crème Fraiche (Contains: Milk, Sulphites, Mustard, Wheat, Fish, Egg)	€13.50
<b>Vegan Super Food Salad</b> Grilled Broccoli Stem, Roast Butternut Squash, Quinoa, Cos Lettuce, Red Cabbage, Coconut Yoghurt, Avocado, Sesame (Sulphites, Sesame)	€12.50

## SELECTION OF GOURMET SANDWICHES *Served with a Side Salad*

<b>Tuna Melt</b> Sour Dough Bread, Gherkins, Capers, Cheddar Cheese, Dill & Red Onion (Contains Milk, Sulphites, Fish, Mustard, Wheat, Egg)	€10.95
<b>Club Sandwich with Chicken, Smoked Streaky Bacon</b> Tomato, Baby Gem Lettuce & Mayo (Contains Egg, Milk, Sulphites, Mustard, Wheat)	€10.95
<b>Goats Cheese Ciabatta</b> Sundried Tomato Pesto, Roasted Mediterranean Vegetables, Arugula (Contains Wheat, Mustard, Milk, Sulphites, Nuts: Almonds)	€10.95
<b>Buffalo Chicken Wrap</b> Ranch Dressing, Shredded Mozzarella, Cos Lettuce, Beef Tomato & Red Onion (Contains Eggs, Milk, Wheat, Mustard)	€10.95
<b>Grilled Chicken, Tomato &amp; Smoked Streaky Bacon Panini</b> Buffalo Mozzarella Cheese, Roast Tomato Relish, Basil Pesto (Contains Wheat, Mustard, Milk, Sulphites, Eggs, Nuts: Almonds) <b>Add Sliced Avocado €2.00</b>	€10.95
<b>Pulled Pork Quesadilla</b> Monterey Jack Cheese, BBQ Sauce, Red Onion, Coriander (Wheat, Milk, Mustard, Sulphites)	€10.95

## HOT DISHES

**Deep Fried Fillet of Cod** €18.00

Craft Beer & Herb Batter, Tartar Sauce and French Fries  
(Contains: Wheat, Milk, Fish, Mustard, Sulphites)

**Homemade Beef or Cajun Chicken Burger** €18.00

Smoked Rasher, Thousand Island Dressing, French Fries  
(Contains: Eggs, Milk, Wheat, Mustard, Soya, Sulphites)

**Vegan Meat Plant Burger** €18.00

Beetroot Burger Bun, Vegan Cheddar Cheese, Tomato Relish, French Fries  
(Contains: Wheat, Sulphites, Soya, Mustard)

**Vegan Tikka Masala** €17.00

Basmati Rice, Coriander & Garlic Naan Bread

Add Prawns €4.00

Add Chicken €3.00

(Contains: Sulphites, Wheat)

## SIDE ORDERS

**Sweet Potato Fries** (Contains Wheat, Soya) €5.50

**Portion of French Fries** (Contains Wheat, Soya) €4.00

**Side Salad** (Contains Mustard) €4.00

**Roast Mediterranean Vegetables** €4.00

**Onion Rings** €4.00

## DESSERTS

**Cheesecake of the Day** €7.50

(Contains Milk, Eggs, Wheat, Nuts; Almonds)

**Warm Apple, Blackberry & Pistachio Crumble** €7.50

(Contains Nuts: Almonds, Pistachio, Milk, Eggs, Wheat)

**Selection of Ice Cream** €7.50

(Contains Milk, Wheat, Eggs, Nuts: Almonds)

**Warm Peanut Butter Sticky Toffee Pudding** €7.50

(Contains Milk, Wheat, Nuts: Peanuts, Egg, Sulphites)

Our Day menu is served between 1pm- 4pm daily. All chicken and pork are sourced from within Country-of-Origin Any of the above food choices may contain traces of any of the 14 Allergens. Please inform your server of any dietary requirements.

We are unable to split bills for parties of 6 or more guests