

Lunch Menu

To Start

- Soup of the Day** €7.00
Plant based soup made from locally sourced vegetables and stock made from vegetable trimmings, served with artisan soda bread
(Contains allergens: 6 wheat,12)
- Spicy Chicken Wings** €8.50
Crispy wings served with Cashel Blue cheese dip and celery
(Contains allergens: 7,11,12,13)
- Seafood Chowder** €12.50
Selection of fresh local fish and vegetables in a creamy sauce served with artisan soda bread
(Contains allergens: 3 smoked haddock, salmon, cod, 6 wheat,7,11,12,13)
- Golden Fried Brie Cubes** €9.00
Rocket and orange salad, mixed berries and lime reduction
(Contains allergens:6 wheat,7,11)
- Warm Chicken and Cashew Nut Salad** €12.00
Mixed leaves, honey, ginger and light soy sauce dressing (Contains allergens:5 cashew nut,6 wheat,8,12)

Mains

- Certified Irish Black Angus Burger** €19.00
Hand minced in Galway by Heaney Craft Butchers. Certified Irish Black Angus burger, toasted brioche bun with mustard mayo, Irish bacon and aged cheddar cheese served with handmade tomato relish from the Scullery in Co Tipperary (Contains Allergens: 6 wheat,7,11,13) **Add an egg for €1.00**
**Please allow a 20 minute cooking time*
- Traditional Irish Fish & Chips** €19.00
Irish Haddock fillets in a light tempura batter made with Irish spring water. Served with our sauce gribiche, made with Bord Bia approved Irish eggs and finished with a zesty lemon wedge. (Contains allergens: 3 Haddock, 6 wheat,7, 11,12,13)
- Goan Style Coconut Curry with Potato, Pea and Spinach** €16.00
Garlic and ginger-based curry sauce, mildly spiced with garam masala, cumin, turmeric, served with basmati rice and grilled naan bread. (Contains allergens: 6 wheat) **Add chicken or prawns €4.00**
- Pappardelle Pasta** €16.50
With grilled Mediterranean vegetable and confit cherry tomatoes, tossed in basil cream sauce, parmesan shavings and garlic flute (Contains Allergens: 6 wheat,11,12 celery)

Sandwiches

Chicken, Basil and Rocket On Ciabatta (<i>Contains allergens: 6 wheat,7</i>)	€8.50
BLT With sun-dried tomato Focaccia (<i>Contains allergens: 6 wheat,7</i>)	€8.50
Ham, Cheese Tomato and Onion On Bloomer (<i>Contains allergens: 6 wheat,7</i>)	€8.50
Spiced Chick Pea and Hummus Wrap (<i>Contains allergens: 6 wheat,7,10</i>)	€8.50
Tuna and Matured Cheddar Melt (<i>Contains allergens: 3 Tuna, 6 wheat,7</i>)	€8.50

Desserts

Dark Chocolate Fondant Glenown Pistachio ice-cream, Chantilly cream, fresh raspberries (<i>Contains allergens: 5 nut pistachio, 7,11</i>)	€7.00
Ferrero Rocher Cheesecake (<i>Contains allergens: 6 wheat,7,11</i>)	€7.50
Stewed Vanilla Apple Crumble Served with French vanilla ice-cream (<i>Contains allergens: 6 wheat,7,11</i>)	€7.00
Selection of Glenown Ice-Cream Strawberry, Vanilla, Chocolate, Pistachio (<i>Contains allergen: 7,11</i>)	€5.50

ALLERGEN INDEX No 1 & 2 Shellfish No. 3 Fish No. 4 Peanuts No. 5 Nuts No. 6 Cereals containing gluten No. 7 Milk/Milk Products No. 8 Soya No. 9 Sulphur Dioxide No. 10 Sesame Seeds No. 11 Egg No. 12 Celery and Celeriac No. 13 Mustard No. 14 Lupin