



# MENU

## LUNCH

### PLOUGHMANS

A combination of cheese, ham and pickles with home baked breads.

### QUICHE/ VEGGIE QUICHE

Served with a side salad. Light and tasty.

**PRAWN OPEN SALAD** Served with homemade irish wheaten bread.

### WELSH RAREBIT

Cheese sauce made with ale, paprika & mustard served over toasted bread. Made to the traditional welsh recipe.

**BEEF/CHICKEN BURGERS / BACON/SAUSAGES** served with chips.

### CHICKEN WRAPS

Delicious grilled chicken wraps with peppers and a twist of lime juice

### CHICKEN GOUJONS

Fresh, free range chicken goujons with a light crispy batter served with a fiery sweet chilli sauce.

### BEEF LASAGNE

Layers of egg pasta sheets smothered in bechamel sauce and ragu tomato sauce with fresh local beef mince.

### SPAGHETTI BOLOGNESE

One of our classics. Delicious beef ragu sauce and spaghetti pasta.

### IRISH STEW

A classic dish of lamb and root vegetables, slow cooked.

### COTTAGE PIE

Beef mince, vegetables topped with a creamy mash, toasted until crisp

**PORK SAUSAGES** served with buttery parsley mash.

**MEATBALLS** with fries and a sweet and sour sauce.

**GREEK MOUSSAKA** A delicious taste of Greece. luscious layers of juicy minced beef are cooked in a tomato based sauce, layered with sweet eggplants and creamy béchamel sauce.



# MENU

## SALADS

### COURGETTE & BAKED FETA.

Fresh courgette ribbons with tangy, creamy Feta cheese

### MOROCCAN CHICKEN.

Deep flavours for this moroccan spiced chicken salad.

### FRUITY PASTA.

Crisp apples, juicy grapes and citrus fruits combine with fresh natural yoghurt and pasta to make this interesting take on a pasta salad.

**RED ONION & TOMATO** with a home made vinegarette, simple but delicious, a classic.

### BEETROOT & RED CABBAGE WITH CROUTONS.

A very red salad that's good for the heart with its tangy, crisp flavours and vitality.

### ANCHOVY, POTATO, ORANGE, LETTUCE.

Delicate anchovies with potato, fresh orange and crisp lettuce

### CLASSIC CAESAR.

Delicious with chicken or without this rich salad is a staple for anyone, sprinkled with generous shavings of parmesan and crispy homemade croutons.

### PRAWN AND MANGO.

Sweet and freshness combined with this juicy prawn and mango salad to tantalise the tastebuds.

### CHORIZO, MANCHEGO WITH IBERIAN HAM.

Spiced chorizo, creamy manchego cheese and succulent Iberian ham.

### PANZANELLA (ITALIAN RUSTIC CLASSIC).

Rustic croutons with tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers.

### HOMEMADE COLESLAWS & POTATO SALADS.



# MENU

## SOUPS

### LENTIL & BACON

A delicious lentil and smoked bacon soup which is hearty, healthy and perfect to warm up after a cold day

### FRENCH ONION WITH CHEESE BAGUETTE

Classic french onion soup with caramelized onions, a side of freshly baked french baguette topped with melted cheese

### CURRIED PARSNIP

Sweet oven baked parsnips spiced with a delightful curry twist.

### CHICKEN NOODLE

A deeply flavoured stock with fresh local chicken and fresh egg noodles combined to make this delicious Vietnamese staple.

### CHOWDER

Rich and creamy chowder made with fresh local fish (Please order in advance to ensure the freshest and best quality local fish)

### CARROT AND ARTICHOKE

Nourishing Jerusalem Artichoke juxtaposed with sweet carrot, very healthy, enticing, a marvelous infusion of root vegetables

### HOT AND SOUR

Fiery hot and sour flavours combine to make this mouthwatering Asian classic that's hard to miss.

### VEGETABLE BROTH

A long standing Irish tradition is to have a delicious pot of vegetable soup to warm the cockled during the cold winter months. Stock up on your 5 - a - day.

### GAZPACHO

This incredible Spanish soup is served cold and would be a delicious divergence for those hot summer days

Got a big appetite? Why not check out our selection of hearty meals on our [Main Dishes Menu](#). Please contact us for our seasonal menu's & pricing.