



| BREAKFAST (7AM-12PM) | | Quinoa Superfood Salad | 6.95 |
|---|-----------|--|----------|
| Full Irish Breakfast | 10.50 | Quinoa, kale, feta cheese, garden peas, parsley, mint and broccoli, tossed in a citrus & white balsamic dressing [1, 6, 7, 10] | |
| Two strips of bacon, two sausages, pan fried egg, black & white | | touced in a circus of white baseame dressing [2, 0, 7, 20] | |
| pudding, tomato, mushrooms, beans, hash brown, served with | | Asian Noodle Salad | 6.95 |
| tea/coffee and toast [1, 3] | | Rice and egg noodle with spring onions, red bell pepper, sugar | |
| | | snaps and carrot all mixed in a Pad Thai dressing [1, 4, 6, 11] | |
| Mini Breakfast | 8.95 | TI LI M · VI CI I | 6.05 |
| One strip of bacon, one sausage, black & white pudding, fried | | Healthy Mexican Kale Salad Kale and black beans, sweetcorn, bell peppers, avocado and beef | 6.95 |
| egg, hash brown, served with tea/coffee [1, 3] | | tomato all in a Mexican fajita sauce [1] | |
| Pan Fried Omelette | 8.50 | tomato an in a ivicalcan fajita sauce [1] | |
| Choose from a selection of; ham, cheese, onions, mushrooms, | 0.00 | Honey Mustard Potato Salad with Chorizo | 6.95 |
| tomatoes and peppers, served with tea/coffee [3] | | Baby potatoes and fried chorizo mixed and lightly coated in | |
| • | | gourmet mayonnaise & honey mustard [10] | |
| Poached Eggs | 5.80 | | |
| Freshly poached eggs served on homemade French toast, served | | High Protein Salad | 6.95 |
| with tea/coffee [1, 3] | | Quinoa, lentils, chickpeas, red pepper, cherry tomatoes, grated | |
| 0 11.17 | | carrot, spinach, green pea sprouts, pumpkin and sunflower seeds | |
| Scrambled Eggs | 5.80 | and Greek yoghurt in a tikka masala sauce [7] | |
| On French toast, served with tea/coffee [1, 3, 7] | | Spinach Ovinga Chickness Sugar Spans Salad | 6.95 |
| Breakfast Your Way | 5.80 | Spinach Quinoa Chickpea Sugar Snaps Salad Quinoa, feta, grape tomatoes, orange pepper, radishes, yellow | 0.95 |
| Any two breakfast items (listed in the Full Irish), served with | 5.00 | chickpeas, shelled edamame, celery and purple spinach lightly | |
| tea/coffee and toast [Additional items + €1 each] | | tossed in citrus & white balsamic dressing [1, 6, 10] | |
| tour control and toust [Assessorial Atomo 1 62 cashing | | tossed in oldas of white basanine dressing [2, 6, 20] | |
| Granola in a Glass | 4.10 | Tikka Masala Couscous | 6.95 |
| Natural yogurt and mixed berry compote, topped with toasted | | Couscous, garden peas, white onion and grated carrot all tossed | |
| granola [1, 7, 8] | | in a tikka masala sauce [1] | |
| Fresh Creamed Porridge | 4.10 | Roast Beef & Horseradish Taco | 5.50 |
| Made-to-order with milk, finished with cream and topped with | | Roast beef, rocket, horseradish taco, beef tomato, red onion and | |
| a brown sugar glaze [1, 7] | | gourmet mayo served in multi-grain/white bread [1, 3, 7, 10] | |
| | | Carrot & Coriander Hummus Beetroot Wrap | 5.50 |
| DAILY CARVERY - PLEASE SEE SPECIALS BOARD | | Carrots, raisins, sweet coriander and baby leaves, hummus | |
| | | mixed with citrus & white balsamic in a beetroot wrap $[1,6,10]$ | |
| SALADS & SANDWICHES (12-3PM) | | Rustic Tuna Egg & Olive | 5.50 |
| C. L. C. | | Tuna, hard boiled egg, chives and sliced olives in a light coating o | |
| Add chicken, cajun chicken or tuna on all salads + | 0.50 each | gourmet mayonnaise [1, 3, 4, 7] | |
| Quinoa Sweet Potato Broccoli Mixed Nuts Salad | 6.95 | Pulled Ham Hock with Mustard BBQ | 5.50 |
| Sweet potatoes, quinoa, broccoli, mixed nuts, sprouts, spinach, | | Pulled ham hock, mature cheddar and pickles with a South | - |
| coriander, red chili, avocado and feta cheese mixed in a citrus & | | Carolina style mustard [1, 7, 10] | |
| white balsamic dressing [1, 5, 6, 7, 10] | | , | |
| - | 6.95 | Chicken, Bacon, Rocket & Caesar | 5.50 |
| Rainbow Salad With Spicy Hummus | | Grilled chicken with bacon and chopped rocket with a light mix | |
| Shredded beets, carrots, fennel, quinoa, olives, leafy greens and | | of gourmet Caesar mayonnaise [1, 4, 7, 9, 10] | |
| seeds all mixed in piri piri hummus and citrus & white balsamic | | All candwiches are available on your shairs of here I. S | louch |
| dressing [1, 6, 7, 10] | | All sandwiches are available on your choice of bread: Source baguette, rustic ciabatta, floury blaa, coeliac/vegan beetroo | t wrap |





| STARTERS | | MAIN COURSES | |
|--|------|--|--------------|
| Ballycotton Chowder A seafood selection with a brunoise of garden vegetables with chopped dill and served in a cream soup [4, 7, 9] [v] (of a low gluten level) | 7.50 | Traditional Fish N' Chips Beer battered haddock with peas, skinny fries and homemade tartar sauce [1, 4, 7, 10] | 15.95 |
| Sizzling Prawns Pil Pil Argentinian red tail prawns with garlic, chilli, freshly squeezed lime and tomato served with a sourdough bread [2] [c – when served with coeliac bread] | 7.50 | Prime Irish Fillet Steak Panfried to your liking, served with crispy onion rings, portobello mushroom, skinny fries with pepper corn sauce or garlic butter [1, 7] | 25.50 |
| Soup De Jour Handmade daily with fresh ingredients and finished with cream [7] [c – when served with coeliac bread] | 5.95 | Chicken Stir-Fry Wok-fried chicken strips with crispy vegetables and bean sprouts in a sweet chilli and pineapple glaze, served with turmeric infused rice [6, 9, 10] | 16.50 |
| Slow Roasted Pork Belly Slow roasted overnight, apricot sauce and crispy pancetta with apple sticks (of a low gluten level) | 7.50 | Fruity Mild Curry Chunks of chicken with roasted ratatouille vegetables in a mango-infused curry, garnished with crème fraîche [7,9] | 16.50 |
| Artisan Duck Spring Roll Shredded duck with crispy oriental veg hand rolled in a spring roll pastry with a sweet chilli dip on a tossed salad [1,6,11] | 6.95 | Pan Fried Hake On a cream and spinach sauce with fresh garden potatoes and vegetables (of a low gluten) [7] | 17.50 |
| Caesar Salad Starter 5.95 Mains Crunchy baby gem lettuce, herb croutons and bacon tossed in dressing and garnished with grated Parmesan [1, 3, 7] add chicke | | Chicken Supreme Set on a wild mushroom and thyme cream sauce served with a champ mash and garden vegetables [7] | 16.50 |
| SANDWICHES & SALADS | | Oven Roast Duck Boneless half duck on a bed of rice noodle with crispy vegetables | 16.50 [6] |
| Gourmet Toastie Pulled ham hock, mature cheddar, tomato, red onion and sliced pickle [1, 7, 10] | 8.95 | Short Rib & Steak Burger A duo of lean beef pan fried and set on a brioche bun garnished with lettuce and tomato served with a horse radish mayo and skins [1,3,10] Add chedder cheese, coleslaw, fried egg, bacon 50c pe | |
| Vegan Wrap Hummus, grated carrot, sultanas and spinach bound in a beetroot wrap | 7.95 | Chicken Burger Grilled chicken fillet set on a brioche bun garnished with iceberg lettuce and vine tomato served with homemade garlic sauce [1,3] | 12.95 |
| Chicken Melt Strips of chicken marinated in Ballymaloe relish & topped with red onion and mozzarella on a ciabatta | 6.50 | DESSERTS | |
| Super Food Quinoa, Citrus & White Balsamic Salad Quinoa, kale, feta cheese, garden peas, mint and green beans [7] | 7.95 | Warm Apple Pie Traditional apple pie served with a vanilla ice cream | 5.95 |
| Mediterranean Greek Salad | 6.50 | Creme Brulee Creme brulee served with a fresh berry compote | 5.95 |
| Tossed lettuce, sliced cucumber, cherry tomato, red onion, black olives, mixed peppers, feta cheese and drizzled with a choice of balsamic reduction or a honey and wholegrain mustard | | Baileys Cheesecake Chilled baileys cheese cake served with a fresh berry compote | 5.95 |
| mayonnaise dressing [3,7] [v] (of a low gluten level) | | Triple Chocolate Gateaux Layers of chocolate served with a fruit coulis and fresh wiped cro | 5.95 |
| ALLERGENS 1. Cereals containing gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soybeans 7. Milk: 9. Celery 10. Mustard 11. Sesame seeds 12. Sulphur dioxide and sulphites 13. Lupin 14. M | | Eldorado Ice-cream A selection of ice creams and served with a toffee sauce | 5.95 |

GASTRO & DINNER 3-9PM



| WHITE WINE | 150ml | 200ml | Bottle | ROSÉ & SPARKLING ——— | 150ml | 200ml | Bottle |
|---|-------|-------|--------|---|---------------|-------------|----------------|
| House: La Trilla Sauvignon Blanc Chile | 4.50 | 6.00 | 22.50 | Rosa belle Rosé France | 5.80 | 7.73 | 26.00 |
| Louis Jadot Bourgogne Chardonnay France | 7.00 | 9.30 | 33.00 | Berringer Zinfandel Rosé USA | 5.60 | 7.40 | 26.00 |
| Hugel Pinot Blanc France | 6.00 | 7.00 | 24.00 | Teresa Rizzi Prossecco Italy | | 7.50 | 29.00 |
| Masi Modello Pinot Grigio Italy | 5.20 | 7.00 | 24.00 | Freixenet Cordon Rosado Brut Spain | | 9.50 | 36.00 |
| Berringer Founders Chardonnay USA | 7.00 | 9.30 | 33.00 | DESSERTS | | | |
| Santa Digna Gewürztraminer Chile | 5.20 | 7.00 | 24.00 | Banoffee Panacotta Duo of banana and caramel panacotta, served with fresh | | sh | 5.95 |
| Vicars Choice Sauvignon Blanc New Zealand | 5.80 | 7.70 | 27.00 | bananas and Chantilly cream [7] [c] Mixed Berry Crème Brûlée Crème brûlée flavoured seasonal berries, se ice cream [7] [c] | erved with st | rawberry | 5.95 |
| RED WINE — | | | | | | | |
| House: La Trilla Cabernet Sauvignon Chile | 4.50 | 6.00 | 22.50 | HiB Bread & Butter Pudding Famous Irish dessert made with Bramley a served with warm custard [1, 3, 7, 8] | pples and ci | nnamon, | 5.95 |
| Grand Bateau Rouge France | 6.40 | 8.50 | 30.00 | Selection of Eldorado Ice Cream Please ask your server for today's ice cream selection [7] | | 5.95 | |
| Monologo Crianza Spain | 5.80 | 7.70 | 27.00 | Mint & Chocolate Cheesecake A fresh and strong combination of chocolate and mint, to | | 5.95 | |
| Andean Vineyards Reserve Malbec Argentina | 6.00 | 8.00 | 28.00 | remind you of your favourite treat [1, 7] Dark Chocolate & Raspberry Brownie A refreshing summer twist on this renowned dessert, served with vanilla ice cream [3, 7] [c] | | 5.05 | |
| Beringer Founders Zinfandel USA | 7.00 | 9.30 | 33.00 | | | 5.95 | |
| Bila Haut Syrah, Grenache, Carignan France | 6.40 | 8.50 | 30.00 | TO SHARE Charcuterie I | | | 19.95 19.95 |
| Jadot Pinot Noir France | 7.00 | 9.30 | 33.00 | Served till 12 r | nidnight, sı | ıbject to a | vailability |

WINE LIST & DESSERTS ALL DAY





| | Pint | Half |
|------------------------|------|-------|
| DRAUGHT —— | | |
| Guinness | 4.60 | 3.00 |
| Murphy's | 4.60 | 3.00 |
| Heineken | 4.90 | 3.00 |
| Budweiser | 4.90 | 3.00 |
| Coors Light | 4.90 | 3.00 |
| Smithwicks | 4.90 | 3.00 |
| Hop House | 4.90 | 3.00 |
| Orchard Thieves | 5.00 | 3.00 |
| Rockshore Lager | 4.90 | 3.00 |
| Applesmans Cider | 4.90 | 3.00 |
| Bulmers Org | 5.00 | 3.00 |
| Chieftain IPA | 5.50 | 3.20 |
| Howling Gale | 5.50 | 3.20 |
| Rebel Red Ale | 5.50 | 3.20 |
| Carlsberg | 4.90 | 3.00 |
| BOTTLES | | |
| D 1131 | | F 00 |
| Bud LN | | 5.00 |
| Hein LN | | 5.00 |
| Coors LN | | 5.00 |
| Corona LN | | 5.00 |
| Ritz LN | | 5.00 |
| Satzenbrau LN | | 5.00 |
| Pt Btl Guinness | | 4.60 |
| Pt Btl Bulmers | | 5.00 |
| Pt Btl Rockshore | | 5.60 |
| Kopparburg | | 6.00 |
| Erdinger Non Alcohol | ic | 5.50 |
| Heineken Zero | | 5.00 |
| SPIRITS — | | |
| RUM | | |
| Jameson | | 4.60 |
| Paddy | | 4.60 |
| Powers | | 4.60 |
| Writers Tears | | 6.50 |
| Crested Ten | | 6.00 |
| West Cork Bourbon C | ask | 4.60 |
| Jameson 12 Yr Old | | 6.00 |
| Redbreast 12 Yr Old | | 8.50 |
| Jameson Caskmates | | 6.00 |
| Jameson Gold | | 8.00 |
| Midleton V. Rare | | 17.00 |
| Powers Swallows | | 9.00 |
| Green Spot | | 7.00 |
| Yellow Spot | | 9.50 |
| - | | |

| COCKTAILS 9.00 |
|---|
| Espresso Martini Vodka, Tia Maria, Shot of Coffee |
| Classic Mojito White Rum, Lime Juice, Soda, White Sugar |
| Strawberry Daiquiri Rum, Strawberry, Lime Wedge |
| Aperol Spritz Prosecco, Aperol Aperitif, Soda water (garnished with wedge of orange) |
| Balsamicotini Vodka, Fresh Strawberry, Balsamic Reduction, Fresh Lime Juice, Cranberry Juice |
| Bellini Prosecco, Peach Puree |
| Tom Collins Gin, Lemon Soda Water |
| Peach Daiquiri White Rum, Peach, Lime Juice, Syrup |
| Whiskey Sour Whiskey, Lemon Juice, Sugar |
| Pornstar Martini Vodka, Prosecco, Passion Fruit Puree, Vanilla Syrup, Fresh Lime Juice |

| SPIRITS | |
|--------------------------|--------------|
| VODKA | |
| Smirnoff Vodka | 4.70 |
| Grey Goose Vodka | 8.50 |
| | |
| BRANDY | |
| Hennessy Brandy | 5.60 |
| WHISKEY | |
| Scotch | 6.00 |
| Bushmills | 7.00 |
| Jack Daniels | 5.50 |
| Southern Comfort | 5.50 |
| Canadian Club | 5.50 |
| LIQUEURS | |
| Malibu | 5.50 |
| Peach Schnapps | 5.50 |
| Drambuie | 6.00 |
| Cointreau | 6.00 |
| Bénédictine | 6.00 |
| Irish Mist | 6.00 |
| Baileys Cream | 5.60 |
| Amaretto | 6.00 |
| Sambuca | 6.00 |
| Jägermeister | 5.50 |
| Pernod Tia Maria | 5.50 5.50 |
| Tia Maria | 5.50 |
| GIN | |
| Cork Dry Gin | 4.80 |
| Gordon's | 6.00 |
| Bombay Sapphire | 6.00 |
| Gordon's Pink | 6.00 |
| Hendricks | 6.50 |
| Dingle | 6.50 |
| Gunpowder Glendalough | 7.50 7.50 |
| Monkey 47 | 11.50 |
| Wonkey 1/ | 11.50 |
| SOFT DRINKS ———— | |
| Schweppes (Tonic, Soda, | 2.30 |
| Ginger Ale, Lemon) | |
| Coke, 7Up, Club Orange, | 2.70 |
| Club Lemon | |
| Fever-Tree Tonic | 3.00 |
| Fentimans Tonic | 3.00 |
| Lucozade | 3.00 3.00 |
| Ballygowan | 3.00 |

COCKTAILS & DRINK LIST ALL DAY