

# LUNCH MENU

## SUPER SALADS

**TOFU SUPER FOOD** €14  
*grilled smoked tofu with black sesame, quinoa, chickpea, spinach, artichoke, beetroot glaze, lettuce*  
contains 6, 11, 12

**CAESAR SALAD** SMALL €10 LARGE €14  
*crisp cos lettuce, herb croutons, smoked pancetta, aged parmesan, caesar dressing*  
**ADD CHICKEN €3.00**  
**ADD PRAWN €5.00 (2)**  
contains 1c, 1d, 3, 7, 10

**BALLYCOTTON SMOKED SALMON SALAD** €15  
*salmon, shallots, cherry tomato, capers, guacamole, sugar snap, lemon & lime drizzle, Guinness brown bread*  
contains 4, 6, 7, 8e

## SMALL BITES

**SOUP OF THE DAY** €8  
*homemade Guinness brown bread*  
contains 1c, 7, 9

**GALWAY BAY CHOWDER** €12  
*mussels, smoked haddock, salmon, homemade Guinness brown bread*  
contains 1c, 1b, 4, 7, 9, 14

**GOURMET GARLIC PIZZA BREAD** €8  
*brushed garlic butter, mozzarella*  
contains 1c, 1b, 7

**THREE EGG OMELETTE** €11  
*plain or ham & cheese*  
contains 3, 7  
**ADD CHIPS €4.00**

## MELTS & WRAPS

**ADD SOUP OR FRIES TO ANY OF THE BELOW FOR +€4**

**TOASTED HAM & CHEESE** €10  
*bretzel sourdough, Limerick ham, Dubliner cheddar, Ballymaloe*  
contains 1c, 7, 10

**TACO CHICKEN TORTILLA WRAP** €10  
*spicy chicken fillet, mozzarella, guacamole*  
contains 1c, 3, 7, 9

**BLUEBELL & BEETROOT WRAP** €10  
*goats cheese, pickle beetroot, grilled courgette*  
contains 1c, 7



**STEAK SANDWICH** €17  
*Irish rump steak sautéed with garlic, onions, mushroom, served open on French sourdough with fries and garlic aioli*  
contains 1c, 1d, 3, 7

**SOURDOUGH BRIE & BACON MELT** €10  
*St. Kevin brie, streaky bacon, red onion marmalade*  
contains 1c, 7

## I'M A BIT HUNGRIER...

**BEEF & GUINNESS STEW** €19  
*puff pastry, pea shoots, mashed potato*  
contains 1c, 3, 7, 9, 12

**8OZ STEAKHOUSE BURGER** €19  
*beef tomato, crispy onions, smoked ketchup, Dubliner cheddar, rocket, brioche bun with fries*  
contains 1c, 3, 7, 12

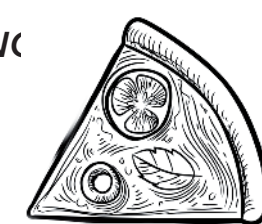
**CHICKEN BURGER** €17  
*fajita spiced chicken breast, rocket, beef tomato, Dubliner cheddar, cajun mayo, crispy onions, brioche bun, fries*  
contains 1c, 3, 7

**PLANT BURGER** €18  
*spinach, avocado & pea burger, shredded lettuce, vegan cheddar, onion, tomato, guacamole, fries*  
contains 1c, 10, 7

**STONE BAKED CLASSIC MARGARITA** €15  
*tomato, mozzarella, oregano*  
contains 1a, 1b, 7

**ADD FOR €1.50 PER TOPPING**

- HAM
- ONION
- TOMATO
- CHICKEN
- MUSHROOM



TRUFFLE & PARMESAN FRIES (7) €6 • MASH POTATO €5  
MIXED LEAF €5 • ROOT VEGETABLES €6 • FRIES €5

**SOMETHING ON THE SIDE**

## SWEET

**NUTELLA BROWNIE** €7  
*vanilla bean ice cream*  
contains 3, 8f

**BERRY ETON MESS** €8  
*coulis, meringue*  
contains 3, 7

**APPLE CRUMBLE** €8  
*vanilla bean ice cream*  
contains 1c, 6, 7



## ALLERGENS

**1 GLUTEN** (a) Barley (b) Spelt (c) Wheat (d) Rye (e) Oats **2 CRUSTACEANS** **3 EGGS** **4 FISH** **5 PEANUTS**  
**6 SOYBEANS** **7 MILK** **8 NUTS** (a) Cashew (b) Almond (c) Pistachio (d) Pecan (e) Walnut **9 CELERY**  
**10 MUSTARD** **11 SESAME** **12 SULPHUR DIOXIDE** **13 LUPIN** **14 MOLLUSC**

ALL BEEF IS OF IRISH ORIGIN.

**ASK YOUR SERVER FOR OUR WINE & DRINKS LIST**

