

## Starters

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<b>Homemade Soup of the Day</b>	€6.50
Served with Homemade Avalon Brown Bread	
Contains: G-Wheat, Oats SS, MK, N-Walnut, E (Vegan Option Available)	
<b>Pan Fried Garlic &amp; Chilli Prawns</b>	€11.00
Toasted Sourdough, Baby Leaf Salad	
Contains: G-Wheat, MK, MD, C	
<b>St. Tolas Goats Cheese Salad</b>	€8.50
Lightly Spiced Butternut Squash, Cherry Tomato, Cucumber Ribbons, Sweet & Sour Dressing	
Contains: MK, SP, MD	
<b>Rings Farm Free Range Chicken, Ham &amp; Mushroom in a Puff Pastry</b>	€8.95
Chablis & Chive Cream	
Contains: G-Wheat, MK, SP, CY	

## Mains

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<b>10oz Sirloin Steak</b>	€32.50
Grilled Portobello Mushrooms & Crispy Onion Ring, Creamy Peppercorn Sauce	
Served with Side Salad & Fries (€7 supplement)	
Contains: G-Wheat, CY, MK, SP, MD	
<b>Silver Hill Duck Breast</b>	€27.50
Confit Duck Croquette, Soy Honey & Sauce	
Contains: G-Wheat, MK, SP, E	
<b>Pan-Fried Fillet Of Seabass</b>	€24.95
Lemon and Chive Cream	
Contains: MK, E, F, SP	
<b>Slaney Valley Lamb Rump</b>	€24.95
Champ Mash, Rosemary & Red Wine Jus	
Contains: MK, SP, CY	
<b>Slow Cooked Featherblade of Beef</b>	€22.00
Celeriac & Parsnip Puree, Parsnip Crisps	
Contains: MK, SP, CY	
<b>Rings Farm Free-Range Supreme of Chicken</b>	€19.95
Chorizo, Mozzarella & Sundried Tomato Stuffing, Smoked Bacon & Tarragon Cream	
Contains: MK, SP, CY, MD,	
<b>Mozzarella Stuffed Arancini</b>	€21.95
Plum Tomato Sauce, Rocket & Parmesan Salad	
Contains: G-Wheat, MK, SP, E	

*All mains are served with buttered seasonal vegetables*

## **Sides**

Garlic Potatoes (Contains: MK)	€5.00
Onion Rings (Contains: G-Wheat)	€4.00
Fries	€3.50
Tenderstem Broccoli (Contains: N-Almonds, MK)	€4.00
Creamed Potato (Contains: MK)	€3.50
Sweet Potato Wedges	€3.50
Buttered Vegetables (Contains: MK)	€3.50

## **Desserts**

<b>Baileys Cheesecake</b> Served with Chantilly Cream and Chocolate Sauce (G-Wheat, MK, E)	€7.95
<b>Cinnamon Apple Crumble</b> Served with Warm Toffee Sauce & Vanilla Ice Cream (G-Wheat, E, MK)	€7.95
<b>Chocolate Orange Brownie</b> Served with Praline Ice Cream & Mixed Berry Compote (MK, E, N-Almond, Soybeans-S)	€7.95
<b>Salted Caramel Gateaux</b> Served with Salted Caramel Ice Cream Contains: G-Wheat, E, MK	€7.95

### **Allergen Index**

Gluten - G, Crustaceans - C, Eggs - E, Fish - F, Mollusks - M, Soybeans - S, Peanuts - P, Nuts - N, Milk - MK, Celery - CY, Mustard - MD, Sesame Seeds - SS, Lupin - L

**Our food is prepared using the best fresh and natural ingredients and, where possible, from Ireland. All our Beef, Lamb, Pork and Chicken served are of Irish origin.**