

Sunday Menu

Starters

Homemade Vegetable Soup €6.00

Served with Bread Rolls

Contains: G-Wheat, SP, MK, CY

Chicken, Ham & Mushroom Vol au Vent €8.95/€15.95

Mixed Leaf Salad

Contains: G-Wheat, E, MK, SP, CY

St. Tola Goats Cheese Salad €8.50

Spiced Squash, Mixed Leaf, Tomato, Cucumber, Sweet & Sour Dressing

Contains: MK, MD

Rings Farm Free Range Hot & Sour Wings €8.95

Smoked Garlic & Chive Aioli

Contains: MK, E

Mains

Prime Roast Sirloin of Irish Beef €18.00

Ale Gravy

Contains: G-Wheat, MK, SP, CY

Roast Stuffed Turkey & Ham €17.95

Herb Stuffing, Rosemary & Red Wine Jus

Contains: G-Wheat, MK, SP, CY

Roast Leg of Lamb €17.95

Rosemary & Red Wine Jus

Contains: MK, SP, CY

Crispy Fried Cod Strips in a Lemon & Black Pepper Crumb €16.95

Tartare Sauce with Fries & Side Salad

Contains: G-Wheat, MK, MD, F, E

Avalon Stir Fry €16.95

Oriental Style Vegetables, Garlic, Sweet Chili & Oyster Sauce

Beef/ Chicken/ Vegetable/ Vegan

Served with Rice & Chips

Contains: F, MK, M

Classic Chicken Pasta Carbonara €15.95

Rocket & Red Onion

Contains: G-Wheat, E, MK, CY, SP

Oven Baked Fillet of Salmon €17.95

Lemon & Chive Cream

Contains: MK, F, SP, CY

Desserts

Sticky Toffee Pudding Served with Vanilla Ice Cream Contains: G-Wheat, E, MK	€7.95
Cinamon Apple Crumble With Toffee Sauce and Custard Contains: G-Wheat, E, MK, SP	€7.95
Chocolate Orange Brownie Served with Praline Ice Cream, Mixed Berry Compote Contains: N-Almond, MK, E, Pecan.	€7.95
Trio of Ice Cream Served with Fruit Coulis Contains: MK	€7.95

Nespresso Coffee Selection

Americano	€3.00	Hot Chocolate	€3.40
Espresso	€2.50	Pot of Tea (1 person)	€2.85
Espresso (Double shot)	€3.20	Pot of Tea (2 people)	€5.00
Cappuccino	€3.50		
Flat White	€3.50		
Latte	€3.50		
Mocha	€3.50		

*All coffees available as decaf

Allergen Index

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

