



Welcome to Your Celebration Lunch
at Gougane Barra
Sample Menu
2026

STARTERS

LEEK & POTATO SOUP

SWEET MELONS, BOULABÁN FARM MANGO SORBET WITH VALENTIA ISLAND VERMOUTH SYRUP

GRILLED CLONAKILTY BLACK PUDDING, SAUSAGE POTATO CAKE, SMOKED BACON & APPLE SAUCE

HOUSE MADE FISH CAKES, ASIAN STYLE DRESSING OF CORIANDER, LIME & SESAME, TARTARE SAUCE

SALAD OF TOONS BRIDGE BUFFALO MOZZARELLA, SMOKED BACON, BALSAMIC & ORANGE DRESSING

MAIN COURSES

AGA - ROAST LOIN OF PORK, APRICOT & CINNAMON STUFFING, ROAST POTATOES,

ROSEMARY GRAVY, APPLE SAUCE

PAN-ROAST WILD HAKE FROM UNION HALL, PRAWN & SPINACH RISOTTO, PARMESAN

ROLF'S HOUSE MADE 8OZ. WAGYU BEEF BURGER, RYE BUN, HEGARTY'S CHEDDAR CHEESE,

SMOKED BACON, HOUSE FRIES, PEPPER & WHISKEY SAUCE

TWOMEY'S MUSKERRY 8OZ GRILLED SIRLOIN STEAK, POTATO ROSTI, ROCKET & PARMESAN,

GARLIC BUTTER

FRAGRANT VEGETABLE CURRY WITH ORGANIC BEANS, BASMATI RICE WITH COCONUT,

CORIANDER, LIME & RED ONION

DESSERTS

AGA-BAKED TRADITIONAL WARM APPLE CRUMBLE, VANILLA ICE CREAM, CREAM

GOUGANE MESS IN A TALL GLASS: MINI MERINGUES, VANILLA ICE-CREAM, RASPBERRY COULIS, CREAM

WARM WHEAT FREE WARM CHOCOLATE BROWNIES, VANILLA ICE-CREAM, CHOCOLATE FUDGE SAUCE