

# LUNCH

## STARTERS

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**Soup of the Day (GF)** 5.50 (Please ask your server)  
Served with homemade brown bread  
(Contains: \*1, 5a, 5b, 6, 10, 13, 15)

**Seafood Chowder (GF)** 9.50  
Topped with crispy bacon bits and fennel herb, served with homemade brown bread (Contains: \*1, 2, 3, 4, 10, 15)  
(Contains: \*1, 5b, 5e, 6, 12 - brown bread)

**Chicken Satay (GFIA)** 9.50/11.50  
Lightly seasoned strips of chicken, aromatic peanut sauce, served on a bed of soya noodles (Contains: \*1, 5a, 7, 9, 10, 11, 15)

**Breaded Chicken Tenders** 9.50/11.50  
Crispy free-range breaded chicken strips on a bed of baby leaf salad with duo of garlic and chilli sauces (Contains: \*1, 5a, 6, 10, 11, 13, 15)

**Golden Crisp Salt 'n' Chilli Calamari Strips (GF)** 10.50/13.50  
Served with freshly sliced chillies, sea salt, lime zest, coriander and harissa mayonnaise (Contains: \*1, 4, 6, 11, 15)

**Loaded Nachos (V) (GF)** 11.00  
Served with jalapeño, guacamole and sour cream, topped with cheese sauce and tomato salsa garnish (Contains: \*1, 6, 11, 15)  
Add Chilli Mince +2.50 (Contains: \*10, 15)  
Add BBQ Pulled Pork +3.50 (Contains: \*15)

**Vegan Wings (VE)** 9.50/11.50  
Southern fried and tossed in BBQ or hot 'n' spicy sauce, served with vegan garlic mayonnaise (Contains: \*5a, 9, 10, 11, 15)

**Glazed Chicken Wings (GF)** 9.50/11.50  
(Contains: \*10)  
Served with blue cheese mayonnaise (Contains: \*1, 6, 11, 15)  
Tossed in one of the following sauces:  
- BBQ (Contains: \*10, 11, 15)  
- Sweet Chilli 'n' Lime (Contains: \*15)  
- Salt 'n' Chilli  
- Hot 'n' Spicy (Contains: \*1, 15)

*Order wings plain with a selection of sauces  
2.00 per additional sauce or 3 for 5.00*

**Crispy Garlic Ciabatta Bread** 5.20  
(Contains \*1, 5a, 15)  
Add cheese +0.50c (Contains \*1)

## SAMBOS

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**Martello Ham & Cheese Toastie** 9.50  
Double cheese mix, honey baked ham, on toasted batch loaf (Contains \*1, 5, 6, 13)

**Chicken & Brie Toastie** 9.50  
Served with melted brie, glazed mozzarella and basil pesto on toasted batch loaf (Contains \*1, 5, 6, 13, 15)

**Coronation Chicken Wrap** 9.50  
Chicken pieces roasted in curry mayo with mixed leaves in a white wrap  
(Contains \*1, 5a, 6, 9, 11, 13, 15)

**Goats Cheese Wrap (V)** 9.00  
Served with beetroot, asparagus, rocket and roast red pepper dressing, served in a white wrap (Contains \*1, 5a, 10, 13, 15)

All of the above served with fries  
(Contains \*1, 10, 13)

**Add Cup of Soup of the Day** 1.75 (see specials)

## SALADS

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**Grilled Chicken Caesar Salad (GFIA)** 14.50  
Served with baby gem lettuce, herb croutons, crispy pancetta, aged Parmesan, anchovy Caesar dressing, pine nuts  
(Contains \*1, 2, 5a, 5h, 6, 8h, 11, 15)  
Available vegetarian 9.50

**Warmed Goats Cheese & Beetroot Salad (GF) (V)** 12.50  
Fivemiletown goats cheese, served with mixed greens, pine nuts, roasted beets and a roasted red pepper dressing  
(Contains \*1, 6, 8h, 11, 13, 15)  
Add Chicken +4.00

## SIGNATURES

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**Martello Chicken Curry (GF)** 14.50  
Seasoned chicken strips sautéed with red onion, pak choi, mixed peppers, carrots and courgettes, served in a mild curry sauce with steamed rice and crisp poppadoms (Contains \*1, 10, 11, 13, 15)

**Steak Sandwich** 16.50  
Chargrilled 6oz sirloin steak served on toasted ciabatta with mixed leaves, topped with crispy onions and a choice of pepper sauce or garlic butter, with fries (Contains \*1, 5a, 10, 13, 15)

**Chargrilled Cajun Chicken Sandwich** 14.50  
Cajun spiced chicken breast served in a toasted baguette, baby leaf salad, Cajun mayonnaise and fries  
(Contains \*1, 5a, 6, 10, 11, 13, 15)  
Add cheese +0.50 (Contains: \* 1)  
Add streaky bacon +1.00

# LUNCH

## BURGERS

### Martello Burger 14.50

Two Irish beef burger patties with crunchy iceberg lettuce, gherkin, red onion, Martello burger sauce, ketchup served in a brioche bun with fries (Contains \*1, 5a, 6, 9, 10, 11, 13)

Add cheese +0.50 (Contains \*1)

Add streaky bacon +1.00

### Slow Cooked Pulled Pork Brioche

#### Bap 12.50

Slow braised pulled pork, BBQ sauce, mixed leaves, crunchy slaw, served with fries (Contains \*1, 5a, 6, 9, 10, 11, 12, 13, 15)

### Chicken Fillet Burger 14.50

Chargrilled chicken fillet, chopped iceberg lettuce, red onion, crunchy slaw, buffalo mayo, served in a brioche bap with fries

(Contains \*1, 5a, 6, 10, 11, 13)

Add cheese +0.50 (Contains \*1)

Add streaky bacon +1.00

### Vegan Burger (VE) (MVM) 14.00

Plant based meaty patty with chopped iceberg lettuce, red onion, crunchy slaw, beef tomato, vegan garlic mayo served in a vegan bun with fries (Contains \*5a, 9, 10, 11, 15)

## PASTA

### Vegetarian Lasagne (V) 14.50

Topped with feta and cheddar cheese, pesto drizzle, Parmesan and rocket leaves, served with garlic ciabatta and fries (Contains \*1, 5a, 6, 10, 13, 15)

### Italian Baked Lasagne 15.50

Topped with mozzarella and cheddar cheese, pesto drizzle, Parmesan and rocket leaves, served with garlic ciabatta and fries (Contains \*1, 5a, 6, 10, 13, 15)

### Cajun Chicken & Smoked Bacon

#### Pasta 15.50

Cajun marinated chicken fillet pieces and smoked bacon cooked in a lemon and basil herb cream sauce, tossed in fresh linguine pasta, topped with aged Parmesan flakes and served with garlic ciabatta (Contains \*1, 5a, 6, 15)

## THE SEA

### Baked Fillet of Salmon 14.50

Topped with a basil herb crumb, served with vegetables, chive mashed potatoes and a tomato and basil sauce (Contains \*1, 2, 5a, 5b, 6, 10, 13, 15)

### Wicklów Wolf Craft Beer Battered

#### Cod 14.50

Crispy battered cod served with mushy peas, homemade tartar sauce and fries (Contains \*1, 2, 5a, 5f, 5g, 6, 10, 11, 13, 15)

## SIDES

### Taco Fries (GFI) 7.50

Topped with chilli mince, cheddar cheese and Cajun mayo (Contains \*1, 6, 10, 11, 15)

### Garlic & Cheese Fries 5.50 (Contains \*1, 11, 15)

### Curry Fries 5.50 (Contains \*1, 11, 15)

### Satay Fries 5.50 (Contains \*1, 7, 10, 11, 15)

### Skinny Fries 4.00 (Contains \*1)

### Chunky Fries 4.00

Tossed in Rosemary, Sea Salt and Parmesan + 0.50 (Contains \*1)

### Sweet Potato Fries 4.75

Tossed in smoked paprika

### Battered Onion Rings 4.75 (Contains \*1, 5a)

### Garlic & Cheese Potatoes 5.25 (Contains \*1, 15)

### Crispy Onions 4.75 (Contains \*5)

### Seasonal Vegetables 4.00 (Contains \*1)

### Side Salad 4.00 (Contains \*11)

### Garlic Bread 5.20 (Contains \*1, 5a, 15)

Add cheese +0.50c (Contains \*1)

## SAUCES & DIPS

2.00 each or 3 for 5.00

### Garlic Mayo (Contains \*6, 11, 15)

### BBQ (Contains \*10, 11, 15)

### Sweet Chilli 'n' Lime (Contains \*15)

### Hot 'n' Spicy (Contains \*1, 15)

### Pepper Sauce (Contains \*1, 15)

### Garlic Butter (Contains \*1, 15)

### Cajun Mayo (Contains \*6, 11, 10, 15)

### Vegan Garlic Mayo (Contains \*9, 11, 15)

### Buffalo Mayo (Contains \*1, 6, 11, 15)

### Blue Cheese (Contains \*1, 6, 11, 15)

### Hot Sauce (Contains \*1, 15)

### Tomato & Chilli Relish (Contains \*13, 15)

### Martello Burger Sauce (Contains \*1, 6, 10, 11, 13)

Please note that our dishes are prepared in a kitchen that contains gluten, dairy, nuts, eggs and soy; therefore we cannot guarantee that our dishes are safe to consume for people with these allergies.

#### \*Allergen List

1 Milk & milk products

2 Fish

3 Crustaceans

4 Molluscs

5 Gluten containing

cereals

5a Wheat

5b Wholemeal

5c Spelt

5d Khorason

5e Rye

5f Barley

5g Oats

5h Malt

6 Egg

7 Peanuts

8 Other Nuts

8a Almonds

8b Hazelnuts

8c Cashews

8d Pecans

8e Brazil

8f Pistachio

8g Macademia

8h Pine nuts

8i Walnuts

9 Soy inc. soya

10 Celery

11 Mustard

12 Sesame

13 Sulphur Dioxide

14 Lupin

(GFI) Made using Gluten Free Ingredients

(GFIA) Gluten Free Ingredients Available (removal of allergenic ingredient)

(V) Suitable for Vegetarians

(VE) Suitable for Vegans

(MVM) Moving Mountain

(15) Contains Garlic