

LUNCH MENU

SOUP & SANDWICHES | CEAPAIRÍ & ANRAITH

CREAM OF CHICKEN SOUP 7.50
Fresh baked breads
Contains 1, 3, 7, 9, 12, (which is wheat)

ROASTED SPRING VEGETABLE SOUP

Fresh baked breads

Contains 1, 3,4, 7, 9, 12,14(which is wheat)

POTATO, LEEK, FENNEL SEAFOOD CHOWDER

Fresh baked breads

Contains 1, 3, 7, 9, 12(which is wheat)

DELI SANDWICH BAP

Choose three fillings: Ham, Cajun chicken, steamed citrus chicken, beef, turkey, chorizo sausage, Salami, cheddar cheese, tuna, lettuce, tomato, onion and coleslaw or egg mayo

Contains 3, 4,6, 10, 12, 7,

CLUB SANDWICH 13.50

Triple decker with buttermilk chicken, bacon, fried egg, lettuce &

tomato & fries Contains 1,3,7,10,12

CHICKEN CAESAR WRAP 13.50

Grilled chicken, bacon bits, croutons, cos lettuce, Parmesan cheese, creamy Caesar dressing & fries

Contains 3, 4, 10, 12, 7, 6, 1(which is wheat)

FALAFEL WRAP 10.50

Avocado puree, spiced roast red peppers, lettuce & sundried tomato with fries Contains 3, 10, 11, 12, 7, 1(which is wheat)

SALADS | SAILÉAD

CRAB & SALMON FISH CAKES 12.50

Tartar sauce & dressed mill house greens

Contains 1a, 3. 4, 7, 10, 12

CHICKEN CAESAR 13.50

Grilled chicken, bacon bits, croutons, cos lettuce, parmesan cheese, creamy Caesar

dressing

Contains 1a, 3,4,7,10,12

GOATS CHEESE SALAD 12.50

Baby spinach leaves, goat's cheese, toasted seeds

Contains 1a, 3,4,7,10,12

SUPER FOOD SALAD

Spring greens, feta cheese, blueberries, house dressing

Contains 1a, 3,4,7,10,12

MAIN COURSE | PRIOMHCHURSAÍ

GRILLED FILLET OF PLAICE

Caper sauce, lemon, parsley & beurre noisette butter, served with baby potatoes

Contains 4, 7,9,12.

BUTTERMILK CHICKEN BURGER

Lettuce, tomato, onion, burger sauce & shoestring fries Contains 1, 10, 7,12,9

100% IRISH GRILLED MEDALLIONS OF BEEF

Served with baby potatoes & green beans, peppercorn & brandy sauce

Contains 7,9,12, 10

GRILLED CHICKEN ESCALOPE

Peperonta topped with rocket & parmesan, served with baby potato & green beans

Contains 7, 12, 9, 10

RISOTTO OF CREAMED SPINACH & GOATS CHEESE
Pea shoot, pine nuts & Iemon oil
Contains 1a, 10, 12, 4, 7

GRILLED 8oz HOMEMADE BEEF BURGER
Lettuce, tomato, onion, burger sauce & shoestring fries
Contains 12, 9,7
(Please allow 20 mins cooking time)

SIDES| AR AN TAOBH

FRESH COLESLAW Contains 3, 10, 12 3.00 MASHED POTATO Contains 7 4.50 SEASONAL VEGETABLES Contains 7 4.50 SKINNY FRIES 4.50 TWICE-COOKED CHUNKY CHIPS 5.00 DIPS 1.50 GARLIC CIABATTA BREAD Contains 1, 7 4.00 ORGANIC SALAD LEAVES Contains 1a, 12,9,10,7 4.00

MHARGADH | LUNCH DEALS

MONDAY: THAI RED CHICKEN CURRY 10.00
Mild coconut curry sauce, roasted vegetables & steamed rice
Contains 3, 12, 10, 9

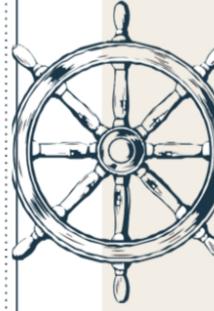
TUESDAY: SAVOURY MINCE 10.00
Savoury fried mince beef topped with buttery new potato
Contains 1, 3, 4,7,12

WEDNESDAY: CLUB SANDWICH 10.00

Triple decker with buttermilk chicken, grilled bacon, fried egg, lettuce, tomato & mayo with fries Contains 1, 3,7,12

THURSDAY: CHICKEN MARYLAND 10.00 Baby potatoes & peas Contains 1, 3, 7, 12

FRIDAY: FISH & CHIPS 10.00 Minted peas & tartar sauce Contains 1, 3,7,12





12.00