

# STARTERS | MAR THÚS

**CHEF'S SOUP OF THE DAY 5.75**  
homemade Guinness bread  
1b.1o.1w.3.7.8.9 **V**

**CHICKEN CAESAR SALAD**  
**SMALL 9.50 | LARGE 14.50**  
crispy bacon, homemade croutons, black olives,  
cos lettuce, Caesar dressing, parmesan shavings  
1w.3.7.10 - **GLUTEN FREE AVAILABLE**

**CONNACHT CRISPY CHICKEN WINGS**  
**SMALL 9.50 | LARGE 14.00**  
homemade BBQ sauce, celery,  
blue cheese dip 1w.7.9.12

**ATLANTIC SEAFOOD CHOWDER 8.50**  
homemade Guinness bread  
1b.1o.1w.2.3.4.7.8.9.12.14

**DEEP FRIED BRIE 8.00**  
rolled in sesame & panko breadcrumbs,  
berry compote, seasonal leaves 1w.3.7.11 **V**

**THAI BEEF SALAD**  
**SMALL 10.00 | LARGE 15.00**  
marinated chunky beef, cherry tomato, spring onions,  
bean sprouts, garden leaves tossed with pomegranates,  
coriander, chili & sesame dressing 7.10.11

# SANDWICHES | CEAPAIRÍ

ADD SOUP OR CHIPS 3.00 | BOWL OF CHOWDER 4.00

**TOASTED TURKEY WRAP 9.00**  
smoked turkey rashers, white cheddar, guacamole,  
chili mayo, shredded lettuce, side salad 1b.1w.3.6.7.9.10

**HOME BAKED HAM & CHEESE  
ON RUSTIC BAGUETTE 9.00**  
grilled gammon, mature cheddar,  
Dijon mayonnaise, coleslaw 1r.1w.3.6.7.10.11

**ULTIMATE EGG SANDWICH 8.00**  
rustic brown bread, light mayonnaise & Greek yoghurt,  
fresh dill, red onion, crunchy leaves, tomato  
1r.1w.3.6.7.8 **V**

**FLASH STEAK SANDWICH 15.00**  
roasted onions, grilled mushrooms, rocket,  
French rose sauce, toasted focaccia, chips 1r.1w.3.6.7

**VEGAN CHEESE PLOUGHMAN'S SANDWICH 8.50**  
green leaves, sliced tomato, dairy free coleslaw, homemade chutney,  
in a demi French baguette 1w.3.6.12 **V** **V**

# MAIN COURSES | PRÍOMHCHURSAÍ

**HOMEMADE 8OZ BEEF BURGER 15.00**  
iceberg lettuce, beef tomato, candy bacon,  
melted applewood cheese, rose sauce,  
toasted brioche, chips 1w.3.7.11.12 **GLUTEN FREE AVAILABLE**

**CLASSIC FISH & CHIPS 15.00**  
light battered cod, tartar sauce,  
homemade pea & mint puree 1w.3.4.7

**HOMEMADE KERALA CURRY 12.00**  
fresh roasted vegetables, basmati rice, poppadum  
1w.9.10 **V** **V** **GLUTEN FREE AVAILABLE**  
**ADD CHICKEN 3.50**

**CATCH OF THE DAY SPECIAL 15.00**  
Please ask your server

**OVEN BRAISED GUINNESS BANGERS 14.50**  
onion gravy, potato champ, sautéed chunky vegetables  
1b.7.9.12

**PASTA TAGLIATELLE 12.00**  
cooked in a white wine & parmesan sauce,  
broccoli, asparagus, courgette, spring onion,  
fresh basil, roasted almonds 1w.3.7.8.12 **V**  
**ADD CHICKEN 3.50**

**BAKED CHICKEN SUPREME 14.50**  
roast chunky potatoes, garlic, green beans,  
wild mushroom sauce 7.12

**ROAST OF THE DAY SPECIAL 14.00**  
Please ask your server

**SLOW COOKED BEEF 15.00**  
chorizo & Guinness stew, carrots, mushrooms, mash 1b.7.9

# SIDES | AR AN TAOBH

CHIPS 1w.....3.50

ONION RINGS 1w.3.7.....3.50

SIDE SALAD 1o.....3.50

GARLIC BREAD 1w.7.....3.50

SWEET POTATO FRIES 1w.....4.00

STEAMED SEASONAL VEGETABLES 7.....3.50

CREAMED POTATO 7.....3.50

ALLERGENS:

1b Gluten-Barley, 1o Gluten-Oats, 1r Gluten-Rye, 1w Gluten-Wheat, 2 Crustacean, 3 Egg, 4 Fish, 5 Peanut, 6 Soybean,  
7 Dairy 8a Nuts-Almonds, 8c Nuts-Cashew, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur, 13 Lupin, 14 Molluscs

**V** vegetarian, **V** vegan