

grain & grill

BAR & RESTAURANT

LUNCH MENU

RED BEAN ROASTERY COFFEE DOCK

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Espresso (single)	2.15
Espresso (double)	2.75
Americano	2.95
Cappuccino	3.20
Contains Allergen 7 milk	
Latte	3.20
Contains Allergen 7 milk	
Flat White	3.00
Contains Allergen 7 milk	
Tea	2.50
Herbal Tea	2.50
Hot Chocolate	3.50
Contains Allergen 7 milk	



STARTERS

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Soup of the Day	5.50
Served with homemade brown bread	
Contains Allergens 6 wheat, 7, 12	
Seafood Chowder	7.95
Selection of fresh and smoked seafood, mussels, celery, potato, white onion and dill in a creamy soup. Served with homemade brown bread	
Contains Allergens 1, 2 mussels, 3 salmon, haddock, cod, 6 wheat, 7, 12, 13	
Crispy Chicken Wings	7.95
Glin Valley Irish chicken wings served with Louisiana hot sauce or BBQ sauce, blue cheese dip, celery stick	
Contains Allergens 7, 8, 11, 12	
Moules Mariniere	7.50
Fresh rope mussels steamed in a broth of garlic, fresh parsley, white wine & cream	
Contains Allergens 1, 2 mussels, 6 wheat, 7, 9	
Oven Baked Brie	6.95
With rosemary, served with red onion & currant jam, crispy bread	
Contains Allergens 6 wheat, 7, 9, 11	

SANDWICH SELECTION

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ADD SOUP OR FRIES FOR JUST €3.00

All our sandwiches can also be served with gluten free bread just ask your server

Toasted Wrap	Add Cajun Chicken 7.75	
	Add Falafel 7.25	
Lettuce, tomato, hummus, with a choice of either savoury falafel or Cajun chicken wrapped in a tortilla wrap		
Contains Allergens 6 wheat, 7, 11, 13		
Rustic Roast Beef Ciabatta	8.50	
100% Irish roast beef served on ciabatta bread with mayo, tomato, caramelized onion & arugula leaf		
Contains Allergens 6 wheat, 7, 9, 11, 13		
Melted Special	6.25	
Ham, cheese, tomato, onion served on white or brown bread		
Contains Allergens 6 wheat, 7, 13		

The Maldron Club Sandwich	7.95
Crispy bacon, chicken fillet, lettuce, plum tomato with mayonnaise on white or brown bread	
Contains Allergens 6 wheat & oats, 7, 11, 13	



MAINS

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Oven Baked Chicken Quesadillas	14.50
Tortilla wrap stuffed with chicken breast, cheese, guacamole, tomato salsa, served with fries	
Contains Allergens 6 wheat, 11, 13	
Beef and Guinness Pie	16.95
Tender pieces of 100% Irish beef slow cooked in a rich Guinness gravy, onion, mushroom topped with puff pastry served with fries	
Contains Allergens 6 wheat & oats, 9, 10, 12	
Traditional Fish and Chips	16.95
Light crispy beer battered fresh haddock with salt and vinegar chips, tartar sauce, lemon wedge, mushy peas	
Contains Allergens 3 haddock, 6 wheat, 7, 11, 13	
Signature Dish	
Massaman Curry	
Sweet yellow aromatic Thai curry with served with bulgur wheat, matched with your choice of chicken, prawns, or vegetables	
Prawns	16.75
Contains allergens 1, 2 prawn, 3 fish sauce, 6 wheat, 8, 10, 13	
Chicken	15.50
Contains allergens 3 fish sauce, 6 wheat, 8, 10, 13	
Vegetable	14.50
Contains allergens 3 fish sauce, 6 wheat, 8, 10, 13	
Jane Russel's Award-Winning Italian Meatballs	15.95
Fennel, Parmesan and Nduja blended with pork. Tagliatelle, homemade tomato sauce and aged Parmesan shavings	
Contains Allergens 6 wheat, 11, 13	
Signature Dish	

SIDES

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Fries	3.95
House Salad	Contains Allergen 13 3.95
Sweet Potato Fries	Contains Allergen 7 3.95
Garlic Potatoes	Contains Allergen 7 3.95
Pepper Sauce	Contains Allergens 6 flour & oats, 8 3.95
Red Wine Jus	Contains Allergen 9 3.95

DESSERTS

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Homemade Chocolate Fondant	6.25
Smothered in chocolate hazelnut sauce with pistachio ice cream	
Contains Allergens 5 hazelnut, 6 wheat, 7, 11	
Baked Apple Crumble	6.25
Golden crumb with almond served with crème Anglaise	
Contains Allergens 5 almond, 6 wheat	
Honeycomb and Chocolate Cheesecake	6.25
Contains Allergens 5 nut trace, 6 wheat, 7, 8, 9, 11 and 14	
Selection of Ice Cream	6.25
Served in wafer	
Contains Allergens 6 wheat, 7, 11	

Allergen index:

No. 1 & 2 Shellfish, No. 3 Fish, No. 4 Peanuts, No. 5 Nuts, No. 6 Cereals containing Gluten, No. 7 Milk, No. 8 Soya, No. 9 Sulphur Dioxide, No. 10 Sesame Seeds, No. 11 Egg, No. 12 Celery and Celeriac, No. 13 Mustard, No. 14 Lupin