



**WELCOME TO
GRAIN & GRILL BAR & RESTAURNT**

LIGHT BITES

Soup of the Day €6.95
Chefs daily soup with homemade brown bread
Allergens 6, Wheat, Flour & Oats, 7,8,9, 12

Crispy Lemongrass Prawns & Salt Pepper Squid €12.00
Fried battered squid and lemongrass prawns served with sriracha chilli and lime mayo
Allergens 2 Squid & Prawns ,6, Wheat,8,11,12

Crispy Chicken Wings €9.95
Tossed in a sauce of your choice Korean BBQ or Franks hot sauce, with blue cheese dip and a celery stick
Allergens 7, 8, 11, 12

Warm Chorizo Focaccia Bread €7.00
Warm chorizo focaccia bread served with a garlic aioli dip
Allergens 6, Wheat,7,11

Chilli Beef Nachos €11.50
Tortilla chips topped with chilli con carne and Jalapeno peppers with garlic mayo and cheese
Allergens 7, 11

MAIN COURSES

The Grain & Grill Signature Burger €19.95
Chargrilled beef burger, bacon, mature cheddar cheese on a brioche bun with lemon herb aioli, relish, tomato, onion, crisp lettuce and chips
Allergens 6 wheat & oats, 7, 8, 11, 12, 13

Traditional Fish and Chips €19.95
Light crispy Irish fish fillet, served with chips, tartare sauce, lemon wedge & mixed leaves
Allergens 3 white fish,6 wheat & oats,7,9, 11, 12, 13

Allergen information

1 – Molluscs, 2 – Crustaceans, 3 – Fish, 4 – Peanuts, 5 – Nuts, 6 – Cereal containing gluten, 7 – Milk, 8 – Soya, 9 – Sulphur Dioxide, 10 – Sesame Seed, 11 – Egg, 12 Celery and Celeriac, 13 – Mustard, 14 Lupines

Southern Fried Chicken Burger €17.00
Southern fried chicken breast served on a brioche bun with crispy bacon, tomato, lettuce and chipotle sauce served with fries
Allergens 6, Wheat,7,9,11,12,13

Golden Vegetable Curry €18.00
Chopped vegetables served in a golden curry sauce topped with almond flakes with white rice
Allergens 5,7,6, Wheat, Almond Flakes

Baked Goats Cheese and Watermelon Salad €14.00
Baked goats cheese served with plum and apple chutney, tossed rocket and roasted candied walnuts
Allergens 5, Walnuts,6, Wheat,7,13

Large Crispy Chicken Wings €16.00
Tossed in a sauce of your choice Korean BBQ or Franks hot sauce, with blue cheese dip and a celery stick
Allergens 7, 8, 11, 12

PIZZAS

Margherita €14.50
Allergens 6,7, Wheat,8,9,13

Pepperoni €15.50
Allergens 6, Wheat,7,8,9,13

Meat Feast (Ham, Pepperoni, Chicken) €17.00
Allergens 6, Wheat,7,8,9,13

SIDES

French Fries €4.50
Allergens 6,7

Parmesan Fries €5.50
Allergens 6,7

Chorizo and Mozzarella Fries €7.00
Allergens 6, Wheat,7,11

Side Salad €4.50
Allergens 7

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DESSERTS

Baked Vanilla New York Cheesecake €8.50

Served with slow cooked seasonal berries

Allergens 6, Wheat,7,11

Classic Bramley Apple and Cinnamon Tart €8.00

Served with classic vanilla anglaise

Allergens 4,5. Cashew Nuts, Hazelnuts, Walnuts

Almonds, 6. Wheat, 7,8,11

Vegan Chocolate and Coconut Tart €8.00

Served with a raspberry sorbet and winter
berry coulis

Allergens 5, Cashew, Hazel and Walnuts,7,8, Almonds

Warm Italian Style Chocolate Fondant €7.50

Valrhona chocolate fondant, vanilla ice cream
and seasonal berries.

Allergen 6. Wheat, 7,8,11

COFFEES & TEAS

Tea €3.50

Herbal Tea €3.50

Selection available, please ask your server

Americano €3.75

Cappuccino €3.95

Allergen 7

Espresso €3.50

Double Espresso €4.00

Flat White €3.95

Allergen 7

Latte €3.95

Allergen 7

Mocha €3.95

Allergen 7

Hot Chocolate €3.00

Allergen 7

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