

STARTERS

Soup of the Day €6.95

Chefs daily soup with homemade brown bread
Allergens 6 flour & oats, 7, 12

Garlic Prawns €10.95

Cooked in a garlic butter and white wine served with spiced apricot puree, sweet pot crisps
Allergens 1, 2 prawns, 7, 9

Crispy Chicken Wings €9.95

Toasted in a sauce of your choice BBQ or Franks hot sauce, with blue cheese dip and celery sticks
Allergens 7, 8, 11, 12

Caprese Salad €10.15

A mix of freshly ripe tomatoes tossed in house dressing, mozzarella cheese, basil pesto & mixed leaves
Allergens 7, 9

Trio of Bruschetta €8.95

Toasted ciabatta layered with sundried tomato and roast red pepper, tomato and basil pesto & tomato and mozzarella cheese
Allergens 6 wheat, 9

Mussels €10.95

Cooked in white wine cream reduction with celery, cherry tomatoes & spring onion
Allergens 1, 2 Mussels, 7, 9, 12

MAIN COURSES

Chicken Supreme €20.95

Pan-Fry Chicken Supreme served with a potato fondant, cauliflower couscous, buttered sweetcorn drizzled with chicken jus
Allergens 7, 9

Hearty Lamb Tagine €22.00

Cooked in a mix of earthy sweet tomato and dry fruits sauce served with couscous
Allergens 6 Wheat, 9, 12, 13

The Grain & Grill Irish Angus Ground Steak 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

Spaghetti Meatball €17.95

Homemade succulent pork meatball cooked in an herb tomato sauce, garnished with rocket & parmesan cheese
Allergens 6 wheat, 9, 12, 13

Hake €22.95

Pan fried hake served with buttered peas, mash potato, slow roast cherry tomato with a creamy split herb sauce
Allergens 1, 2 hake, 7, 9

Traditional Fish and Chips €19.95

Light crispy Irish fish fillet, served with chips, tartare sauce, lemon wedges & mixed leaves
Allergens 3 white fish, 6 wheat & oats, 9, 11, 12, 13

Vegetable Stir Fry Noodles €15.95

Stirred in a home mix soy seasoning, seasonal strips veg mix with egg noodle
Allergens 6 Wheat, 8, 9, 11, 13

Add Chicken €2.50

Allergens 6 Wheat, 8, 9, 11, 13

Add Prawns €3.50

Allergens 1, 2 prawns 6 Wheat, 8, 9, 11, 13

Wild Rocket Salad €15.95

Roast beetroot, pickled beetroot, apple, toasted seeds, butternut squash, tomatoes, rocket & house dressing
Allergens 10, 12, 13

Vegetarian Bean Curry €16.95

Aromatic mild bean curry, cooked with root veg in Indian spices, served with rice & garnished with an herb oil and chili
Allergens 10, 12, 13

Allergen Information

1 & 2 – Shellfish, 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

SIDES

French Fries Allergens 6	€4.15
Buttered Sweetcorn and Peas Allergens 7	€4.15
Stir-fry Seasonal Vegetables Allergens 8, 9, 13	€4.15

DESSERTS

Homemade Brownie Served with vanilla ice-cream Allergens 6 wheat, 7, 11	€7.55
Apple & Berries Crumble Served with custard sauce Allergens 6 wheat, 7, 11	€7.55
Mango & Passion Fruit Cheesecake Served with a tropical sorbet Allergens 6 wheat, 7, 11	€7.55
Selection of Ice-Cream Served in wafer Allergen 6 wheat, 7	€6.95

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