

IO BEGIN	
Wholesome Soup of the Day homemade brown soda bread Contains allergens: 9, 7 / Soda bread 1c, 1e, 3, 7	€6.95
House Seafood Chowder homemade brown soda bread Contains allergens: 2, 4, 7, 9, 14 / Soda bread 1c, 1e, 3, 7	€9.50
Tempura Tiger Prawns fine noodles, mango, pineapple & coriander salsa Contains allergens: 1c, 2	€9.50

Sticky Fried Chicken Wings €9.95 house sauce, blue cheese dip, celery sticks Contains allergens: 1c, 3, 6, 7, 10, 12

Classic Caesar Salad €8.95 little gem lettuce, pancetta, parmesan shavings, croutons, roast garlic dressing

Contains allergens: 1c, 3, 4, 7 add Plain Chicken €2.00 • add Cajun Chicken €3.00

Warm Irish Goats Cheese Salad €8.95

roast squash, bulgur wheat, toasted walnuts, mixed leaves, pomegranate dressing

Contains allergens: 1c, 7, 8e, 10

SIDE ORDERS

House Fries Gluten free option available	€4.00	Creamy Mash Contains allergens: 7	€4.00
Sweet Potato Fries Gluten free option available	€5.00	Mixed Leaf Salad Contains allergens: 10	€4.00
Steamed Rice	€4.00	Beer Battered	€4.00
Steamed Vegetables	€4.00	Onion Rings Contains allergens: 1(a), 1(c), 7	

ALLERGENS

1 Gluten (a) Barley (b) Spelt (c) Wheat (d) Rye (e) Oats 2 Crustaceans 3 Eggs 4 Fish 5 Peanuts 6 Soybeans 7 Milk 8 Nuts (a) Cashew (b) Almond (c) Pistachio (d) Pecan (e) Walnut (f) Hazelnut 9 Celery 10 Mustard 11 Sesame 12 Sulphur Dioxide 13 Lupin 14 Mollusc

SUPPLIER INFORMATION

- All our fish is sourced from Wexford in Kilmore Quay and is part of Responsible Irish Fish
- Our Beef is sourced from Pallas Foods and is of Irish origin from the Golden Vales (Cork, Tipperary & Limerick)
- Specialist oils, spices & pulses are sourced from Larousse Foods and are NSAI Certified
- Our fresh vegetables are provided by Total Produce and are BRC Food Certified

TO FOLLOW	
10oz Sirloin Steak* whole roast tomato, sauté bok choi and house fries with garlic butter or pink peppercorn sauce Contains allergens: 7, 12	€28.95
7oz Beef Fillet & Garlic Prawns** whole roast tomato, sauté bok choi and house fries with garlic butter or pink peppercorn sauce Contains allergens: 2, 7, 12	€33.95
Half Roast Chicken lemon & thyme stuffing, orange carrots, roast gravy Contains allergens: 1c, 7, 12	€21.95
Cavan Crystal 7oz Irish Steak Burger crispy fried brie, homemade onion rings, ballymaloe relish, gherkin, brioche bap, house slaw, house fries Contains allergens: 1c, 3, 7, 9, 10, 12	€18.95
Marinated Chicken Burger cajun spiced, house tomato sauce, thinly sliced chorizo, cheddar, parmesan, toasted brioche, house slaw, house fries Contains allergens: 1c, 3, 7, 10, 12	€18.95
Vegan Burger relish, mayonnaise, tomatoes, onion rings, charcoal style burger bun, house slaw, sweet potato fries Contains allergens: 1c, 6, 9, 10, 11	€16.95
Beer Battered Cod tartar sauce, mushy peas, house fries Contains allergens: 1c, 3, 4, 12	€19.95
Cavan Crystal Chicken Curry lemongrass, coconut milk, lime, garlic, vegetables, long grain Contains allergens: 2, 7	€17.95 rice
Carbonara tagliatelle, creamy carbonara sauce, bacon, garlic bread Contains allergens: 1a, 3, 6, 7, 12	€16.95
Teriyaki Style Stir Fry stir fried vegetables, teriyaki sauce, boiled rice or egg noodle Contains allergens: 1a, 1c, 6 add chicken €3 add prawns (2) €4	€16.95
Full Rack of BBQ Pork Ribs house marinade, house slaw, salad, sweet potato fries Contains allergens: 3, 10, 12	€22.95
Half Roast Duck* sarladaise potatoes, charred spring onions, chive, pomegranate gravy Contains allergens: 9, 12	€27.50
Pan Fried John Dory* celeriac, saffron, mussels, white wine cream sauce Contains allergens: 2, 4, 7, 9	€27.50
Slow Cooked Beef	€22.50

^{* €10} Guest Supplement ** €15 Guest Supplement

Contains allergens: 1c, 3, 7, 12

button onion & red wine gravy, yorkshire pudding, creamy mash

DESSERT	
Cavan Crystal Chocolate Brownie chocolate sauce, vanilla ice cream Contains allergens: 1c, 3, 7	€7.95
Apple & Berry Crumble custard, vanilla ice cream Contains allergens: 1c, 3, 7	€7.95
Toblerone Cheesecake fresh cream, orange purée Contains allergens: 1c, 1e, 7, 8b	€7.95
Sticky Toffee Pudding salted caramel ice cream Contains allergens: 1a, 1c, 3, 7	€7.95
Pavlova fresh fruit, cream Contains allergens: 3, 7	€7.95
Selection of Ice Creams Contains allergens: 7	€6.95
WINE BY THE GLASS Please note all our wines contain sulphites (12)	
Red	
La Mancha Fuego Tempranillo, 2019 (SPAIN)	€7.00
Languedoc Montgravet Merlot, 2021 (FRANCE)	€8.50
Bordeaux Chateau Lagrange St Emilion, 2015 (FRANCE)	€11.50
El Caminador Cabernet Sauvignon, 2019 (CHILE)	€8.00
Swallows Tale Shiraz/ Cabernet Sauvignon, 2021 (s. AFRICA)	€10.00
Aires Andes Malbec, 2022 (ARGENTINA)	€8.00
White Wine Selection	
Copperfield Chenin Blanc, 2022 (s. AFRICA)	€8.00
J Moreau Chardonnay, 2021 (FRANCE)	€9.00
Isoletta Lucida Pinot Grigio, vegan, 2021 (ITALY)	€7.50
El Caminador Sauvignon Blanc, 2022 (CHILE)	€8.00
Kapuka Marlborough Sauvignon Blanc, 2021 (NEW ZEALAND)	€10.00
Rose	
Languedoc Roussillon Bellafontaine Rose Grenache, 2021 (FRANC	E) €8.00
Sparkling	
Maschio Prosecco Frizzante (ITALY) (750ml)	€32.00
Maschio Prosecco Frizzante (ITALY) (200ml)	€11.00
Maschio Frizzante Pinot Rose (ITALY) (200ml)	€11.00