

Starters

- CHEF'S SOUP OF THE DAY** €4.90
Traditional Soda and Treacle Bread with Country Butter
Check with your server for Allergens (E)
- HEARTY SEAFOOD CHOWDER** (G) (C) (F) (M) (CY) €6.90
*Symphony of mixed Seafood, Diced Vegetables, White Wine and
A Spring Onion Veloute with a Lemon & Dill Scone*
- HOT N' SPICY CHICKEN WINGS** (N) (SB) (G) €7.90 MAIN €13.90
*Marinated Chicken Wings in Cajun Spices, Vegetable
Crudites, served with a Blue Cheese Dressing*
- CRAB AND SALMON FISH CAKE** €9.50 MAIN €13.90
With Tomato and Coriander Salsa
(E) (F) (M)
- RAGOUT OF WILD MUSHROOM** €8.90
*Wild Mushroom with Garlic, Herbs & Cream on Crusty
Char Grilled Sourdough Bread*
(M) (E)
- BACON AND CABBAGE CROQUETTES** €8.90
With Parsley Aioli & Pickled Gherkin
(E) (M)
- BAKED GOAT CHEESE IN FILO PASTRY** €9.90
*With Cucumber Ribbons, Cherry Tomato, Lemon and
Olive Oil Vinaigrette*
(E)(M)
- CAESAR SALAD** (E) (F) (M) (G) (CY) €7.90 MAIN €13.90
WITH CHICKEN €8.90 MAIN €13.90
*Baby Gem Lettuce, Croutons, Lardons of Bacon,
Toasted Pine Nuts, Parmesan Cheese and Anchovy Dressing*
- TIGER PRAWN BRUSCHETTA** €8.90 MAIN €13.90
*Served with Chilli & Garlic Prawns, Tomato, Pineapple,
Mozzarella & Pesto*
(E) (M) (N)

Main Course

❖ THAI RED CURRY

With Asian Vegetables, Basmati Rice & a Crisp Poppadom

ADD CHICKEN €15.90 BEEF €16.90 PRAWN €17.90

(E) (F) (M) (SB) (CY)

MARKET FRESH FISH & CHIPS €14.50

Beer Battered Fillet of Fish, Pea Puree, Chunky Chips, Tartar Sauce & A Lemon Wedge

(F) (E) (M) (G)

❖ **GRILLED FILLETS OF WEST COAST SEABASS €17.90**

With Sautéed Spring Greens, Herb Baby Potatoes & Sauce Vierge

(F) (SB) (CY)

❖ **ROASTED HAKE FILLET €17.90**

With Creamed Potatoes, Spring Onion, Pancetta Crisp & Avocado Salsa

(F) (M)

❖ **HOMEMADE STEAK BURGER €14.90**

Grilled 8oz Irish Beef Burger, with Tomato and Red Pepper Relish, Lettuce and Onion Rings on a Flourey Bap

(G) (N) (E)(M) (MD)

CHARGRILLED 21 DAY AGED 10oz IRISH ANGUS SIRLOIN STEAK

(G) (MD) (L) (M)(E)(SB)

€25.00

With a Flat Mushroom Grilled Tomato, Chunky Chips and a choice of Red Wine Jus or Garlic Butter or Pepper Sauce

❖ **ROAST SIRLOIN OF IRISH BEEF €15.90**

Served on a bed of Velvet Potato, Topped with Red Onion Jam, Roast Jus and Yorkshire Pudding

(CY) (M) (E) (G) (SD)

❖ **GOUJONS OF LEMON SOLE €14.50**

Served with Tartar Sauce, Seasonal Salad & French Fries

(F) (M)

❖ **FRESHLY PREPARED TAGLIATELLE PASTA €13.90**

With Garden Pea, Button Mushrooms, Sun Dried Tomato & Pesto Cream

(E) (M)

Main Course

❖ **CHICKEN & CHORIZO PASTA** €15.90

With Sun Dried Tomato in a White Wine Cream Sauce, and Gran Padano Cheese Garlic Ciabatta

(E) (M)

❖ **ORIENTAL VEGETABLE CASHEW NUT STIR FRY**

Oriental Style Vegetables Roasted Cashew Nuts, Noodles & Soy Bean Sauce

ADD CHICKEN €15.90 BEEF €16.90 PRAWN €17.90

(N) (SB) (E) (F)

❖ **SLOW COOKED 24 HOUR PORK BELLY** €16.90

With Braised Fennel, Honey Roasted Carrots, Sweet Potato & Star Anise Sauce

(E) (CY)

❖ **FILLET OF SEATROUT** €17.90

With Butter Beans, Asparagus, Lemon and Caper Butter & Herb Baby Potatoes

(SB) (P) (SD)

❖ **IRISH BEEF & GUINNESS PIE** €13.90

Topped with a golden Puff Pastry.

(E) (M) (CY) (MD)

UPTON STEAK SANDWICH €14.90

Irish Beef Steak served on a Ciabatta. With a Red Onion Marmalade, Garlic Aioli, Rocket & Chips

(E) (G) (M) (N) (MD)

BREADED BUTTERFLY CHICKEN FILLET €12.90

Cherry Tomatoes, Grated Carrot & Red onion Salad, BBQ Sauce.

Served with Chips

(L) (G) (CY) (N)

For Daily Specials please see Blackboard.

(Allergen depends on Evening Special)

Please ask staff for details

please allow proper cooking times for each dish. Some of our fish may contain bones.

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### **SIDE ORDERS €2.95**

French Fries (G) Tossed Salad (E) (MD)

Spicy Wedges (G) Onion Rings (G) (MD) (SD)

Potato & Vegetables of the Day (M)

Sweet Potato Chips (L)(G) €3.50

### **All DESSERTS**

€5.95

❖ **Chocolate and Hazelnut Brownie**

Served with Baileys Ice Cream

(G)(M)(N)

❖ **Apple Tartlet With a Crumble Topping**

Served with Succulent Vanilla Ice-cream

(M)(G)(N)

❖ **Homemade Carrot Cake with a Lime Topping**

(M)(E) (G)

❖ **Selection of Ice Cream in Wafer Basket**

Served with a Fruit Coulis

(G)(N)

❖ **Lemon Meringue Pie**

Served with Vanilla Whipped Cream

(G)(M)(N)(E)

❖ **Homemade Cheesecake of the Day**

(G) (M) (N) (E)

**Dishes marked with letters contain certain allergens as Shown below:**

**C = Crustaceans**

**F = Fish**

**E = Eggs**

**P = Peanut**

**SB = Soya Beans**

**M = Milk**

**CY = Celery**

**MD = Mustard**

**SS = Sesame Seed**

**SD = Sulphur Dioxide**

**L = Lupin**

**MC = Molluscs**

**G = Gluten**

**N = Nuts**

## Sandwiches Light Bites

Mon-Sat 12.30-5.00Pm

**Roast Joint Baguette of the Day** (E) (M) €9.90  
With Side Salad & Chips

**Smoked Salmon Bagel** (M) (F) (SS) €8.90  
Irish Organic Smoked Salmon, Cream Cheese,  
Chive Dressed Rocket on a Toasted Seed Bagel

**Atlantic Shrimp Open Sandwich** (F) (M) (E) €8.90  
Served On Brown Soda Bread, with Salad and  
Classic Marie Rose Sauce

**Goats Cheese Ciabatta** (M) (E) (CY) €7.90  
Goat Cheese, Sun Dried Tomato, Rocket,  
Red Onion Marmalade on a Toast Ciabatta

**Chicken Tikka Wrap** (E) (M) €7.50  
Spicy Tikka marinated chicken Breast  
Served with Mayonnaise

**Classic B.L.T. Sandwich** (E) (M) €7.95  
Bacon, Lettuce & Tomato

**Tuna Wrap** (F) (M) €7.50  
Tuna, Sweetcorn, Red Onion,  
and 4 Rocket on a Tortilla Wrap

**Selection of Fresh/ Toasted Sandwiches** €4.95  
With two fillings-  
(Please note allergens dependent on Fillings)  
**ADD €2.00 FOR A CUP OF SOUP**

## Childrens Menu

(Kids under 12 Only)

**Burger & Chips** €5.95  
**Steamed Fish of the Day, Chips or Pot/Veg** €5.95  
**Chicken Goujons, Chips or Pot/Veg** €5.95  
**Penne Pasta with Tomato & Basil** €5.95  
**Corn on cob with Mash Potatoes** €5.95  
**Breast of Chicken with Potato & Veg** €7.20

## Desserts

**Jelly & Ice Cream** €3.95  
**Pancake with Chocolate Sauce** €3.95  
**Ice Cream with Chocolate sauce** €3.95