

Gluten Free Menu

Starters

Chefs Freshly Made Soup of the Day €5.20

(CY)(M)(G)(SS)(V)

Served with Gluten free Bread

Upton Wings € 9.50

(SB)(CY)(M)(E)(SS)

Juicy Fried Chicken Wing Drumettes, Coated in Your Choice of Louisiana Hot Sauce or BBQ

Accompanied with Homemade Blue Cheese Dip

Mussels in a white wine and lemongrass cream €10.90

(F)(MC)(M)(G)(C)

Served with Gluten Free Bread

Main course served with French fries

€16.90

Seafood Chowder € 8.50

(C)(F)(M)(SS)(SB)

Lightly poached Seafood selection served in a White Wine & Dill Velouté finished with Chopped Herbs

Served with Gluten Free Bread

Main Course

Pan Seared Fillet of Seabass € 19.50

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

Served with Garlic Potatoes, Lemon Butter Sauce topped with Asparagus

Pan Fried Monkfish and Prawns € 25.00

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

Served with Roasted sweet Potato, asparagus, White wine and spinach cream sauce.

Thai Coconut Curry

(M)(SB)(CY)

With Bell Peppers, Onions in an Aromatic Medium spiced Thai Curry Sauce

Served with Basmati Rice

Vegetarian €15.50

Chicken €16.20

Prawn €17.50

Main Course

Prawns, Smoked Salmon, Avocado & Chickpea Salad €14.90

(C)(M)(G)(L)

Served with mixed leaf salad with olive oil dressing and fries.

Starter Portion

€9.20

Sean Og's Sizzling Platter

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

With Sauteed Seasonal Vegetables Coated in a Sweet Soy Sauce, Ginger and Sweet Chilli Sauce, and your choice

Veggie €15.50

Chicken €16.20

Tiger Prawns € 17.50

Beef € 17.90

Roast Beef €15.90

(G)(SB)(M)(E)

Served with Potatoes & Vegetables with a Red Wine jus & Yorkshire pudding.

Steak Section

All our Famous Steaks are Choice Cut 100% Irish Beef and are Cooked to Your Liking and

Accompanied with Flat Cap Mushroom, Fries

& a Choice of Peppercorn Sauce, Garlic Butter or Red Wine Jus

10oz Rib Eye Steak € 31.00

(M)(G)(E)(SB)

The Steak Lovers Steak is well Marbled and Juicy

Sirloin Steak €31.00

(M)(G)(E)(SB)

Our Sirloin Steak is Prime, Hearty and Full of Flavour