

Starters

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

Main Portion with Fries

€15.50

Mussels in a white wine and lemongrass cream €10.90

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

Served with Garlic & herb Focaccia.

Main course served with French fries

€16.90

Chefs Freshly Made Soup of the Day €5.20

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

Served with gourmet penny loaf Brown Bread

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 gourmet penny loaf

Golden fried wedges of brie cheese with a peppered crumb € 9.20

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

Served with a garden salad and Tomato Relish

Homemade Fish Cake tossed in panko Crumb €8.50

Served with mixed leaf salad Roast red peppers & Avocado relish.

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

Prawn & heirloom tomato Bruschetta €8.50

Tossed in basil oil, Mixed Leaf Salad & Tomato Salsa

served on toasted sourdough bread

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

Main Courses

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

Cajun Chicken Caesar Salad €14.50

(G)(E)(M)

With baby gem lettuce, Streaky Bacon, with warm Cajun chicken breast, parmesan cheese Caesar dressing and sourdough croutons. Served with Chips

Starter Portion

€9.20

Chicken Caesar Wrap €11.50

(G)(E)(M)

Grilled chicken, cos lettuce, croutons, Parmesan cheese, Mayo in a tossed wrap, garden salad & Fries.

Upton Deluxe Burger €15.90

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

Hereford Irish Beef Burger Served on a Toasted Brioche Bap Topped with Baby Gem lettuce, Tomato, Smoked Streaky Bacon, Wexford Cheddar Cheese, Bacon Jam & Fries

Cajun Chicken & Avocado Burger €15.90

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

Cajun Chicken Breast Served on a Toasted Brioche Bap Topped with Gem Lettuce, crushed avocado tomato mayonnaise & Fries

Sweet & Sticky Beef Burger €15.90

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

*Hereford Irish Beef burger Served on a Toasted Brioche Bap Topped with Baby Gem Lettuce, Tomato, Red onion marmalade brie cheese & Sweet Chilli Mayo
Served with Fries.*

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

Main Courses

Kilmore Quay Fish and Chips € 16.20

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

Beer Battered Fillet of Cod Served with Mushy Peas, Homemade Tartar Sauce, Served with Lemon Wedges & Fries.

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

Accompanied with a Poppadom Shell and Basmati Rice

Vegetarian €15.50

Chicken €16.20

Prawn €17.50

Roast Beef €15.90

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

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

Supreme of Chicken €15.50

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

Served with baby potatoes, chorizo, Green Vegetables, Mushroom & Pearl Onion Sauce

Creamy Tuscan Chicken Pasta €15.90

(G)(SS)(L)(M)(E)

Penne Pasta with Poached Chicken, Baby Spinach, Sundried Tomato in a Creamy White Wine Sauce,

Topped with Parmesan Cheese, Flat leaf Parsley with Garlic Bread

Linguini Arrabiatta €15.50

(G)(SS)(L)(M)(E)(CY)

Linguini Pasta tossed in roast vegetables & tomato Sauce, Served with garlic bread and Parmesan cheese.

Main Courses

Steak Section

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

Accompanied with Homemade Onion Rings Flat Cap Mushroom, Fries

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

6 oz Steak Ciabatta €17.50

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

Served with mushrooms, Onion, Garlic mayo, Chips & Salad.

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

Sides

Seasonal Vegetables

Sauteed Green Vegetables

Sweet Potato Fries

Fries

Onion Rings

Garlic Bread

All sides €4.00

DESSERTS

€6.50

Crème Brulee

(G)(E)(M)(L)

With bailey's Ice Cream

Chocolate & Strawberry Roulade

(G)(E)(M)

With whipped cream & Fruit Coulis

Homemade cheesecake of the day

(G)(E)(M)

Ask you Server

Apple Tart with a crumble topping

(G)(M)(E)

With succulent Vanilla Ice-Cream

Strawberry Meringue

(E)(M)

Served with cream & Chocolate Flakes

Ice-Cream

(G)(E)(M)

Selection of Ice-Cream topped with wafer biscuit & Chocolate Sauce.

Upton Court Sundae

(E)(M)(L)

Vanilla Ice-Cream, Summer fruits, Roasted Marshmallows & Rich Chocolate sauce.

Tropical Sundae

(E)(M)(L)

Vanilla Ice-Cream, Raspberry Sorbet, Whipped Cream, Pineapple, Kiwi, Strawberries.

Banana Sundae

(E)(M)(L)(N)

Banana & Vanilla Ice-cream, Whipped Cream, Almond flakes, chocolate & Carmel Sauce.

Dishes marked with letters contain certain allergens as shown:

C= Crustaceans	MD= Mustard	F= Fish	SS= Sesame Seed
E= Eggs	SD= Sulphur Dioxide	P=Peanuts	L=Lupin
SB= Soya Beans	MC=Mollusc's	M= Milk	G=Gluten
CY= Celery	N=Nut		