

Suppliers

FISH - MORGANS FINE FISH - OMEATH

BEEF - MCENANEY'S BUTCHERS - DUNDALK

PORK - P & A QUINN PORK - DUNDALK

POULTRY - TONY KIERAN - DUNDALK

O'NEILLS STRAWBERRIES - CARLINGFORD

DUCK - SILVERHILL FARM - MONAGHAN

DEAR GUEST

A very warm welcome to The Lough Lounge & Bistro.

At The Four Seasons, we strive to harmonise the essence of the mountains and the sea in every aspect of your experience. Our location sits at the core of our inspiration.

In curating our menu, our Head Chef, Stephen Stone, has meticulously selected the finest ingredients from local suppliers whenever feasible.

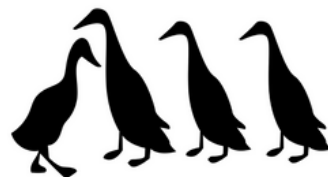
We're dedicated to sourcing the highest quality produce as close to home as possible, ensuring each dish reflects the richness of our region.

Should you have any dietary requirements please do not hesitate to let one of our Team know and we would be delighted to assist you in choosing a dish.

Enjoy your culinary journey with us,

Dermot Redmond

General Manager



ALLERGENS

(1) Gluten, (2) Milk, (3) Eggs, (4) Sulphites, (5) Celery, (6) Lupin, (7) Nuts, (8) Peanuts, (9) Soy, (10) Shellfish, (11) Fish, (12) Molluscs, (13) Mustard, (14) Sesame **GF** Gluten Free available  Vegetarian/Vegan available

starters


SOUP OF THE DAY

€ 6 . 9 5

Please ask server. Served with homemade brown bread |
1,3,4,5,7 GF

CAESAR SALAD

€ 11 . 9 5

*Honey baked chicken, crunchy croutons, parmesan,
smoked streaky bacon and homemade Caesar dressing,
all tossed with crisp baby gem lettuce | 1,2,3,7,11,13*  GF

CHICKEN WINGS

€ 12 . 9 5

*Served with blue cheese dip, celery and a choice of hot
Buffalo sauce or Honey BBQ dressing | 1,2,3,4,5,13* GF


CRISPY BREADED PRAWNS

€ 16 . 9 5

*Panko coated prawns served with baby gem and sweet
& spicy dipping sauce |*

HERB CRUMBED BRIE

€ 11 . 9 5

*Creamy brie cheese in a delicate herb and breadcrumb
coating. Served alongside our homemade cranberry
mayonnaise | 1,2,3,4,7,10,13* 

starters

SEAFOOD CHOWDER

€ 12.95

Award winning seafood chowder using the best of local produce, served with homemade wheaten bread | 1,2,4,5,7,10,11

GOATS CHEESE TARTLET

€ 11.95

With roast beetroot and red onion chutney topped with pistachio and toasted oat crumb | 1,2,3,4,7,8,13

BLACK PUDDING BON BON

€ 11.95

Black pudding and apple croquettes served with wholegrain mustard mayo | 1,2,3,4,7,13

mains

From the Land 

PAN FRIED CHICKEN SUPREME

€ 21.95

Marinated in Garlic & fresh herbs. Accompanied by a whiskey and chorizo sauce, mash and seasonal vegetables | 1,2,4,5 GF

TERIYAKI GLAZED DUCK

€ 21.95

Confit duck leg and Asian greens, served with steamed rice or side of your choice | 1,2,4,9,14

ASIAN STIRFRY

€ 18.95

Stir fried, vibrant vegetables and our signature stir-fry sauce, served alongside steamed rice | 1,4,5,9,14

Add prawns €4 | 10

 GF

Add Chicken €3


10 OZ SIRLOIN STEAK

€ 34.95

Cooked to your liking, accompanied with sautéed onions and mushrooms, a rich peppercorn sauce. Complete this dish with a side of your choice | 1,2,4,5,9,11,13 GF
€8 Supplement for Package Diner

FOUR SEASONS SMASH BURGER

€ 21.50

Two patties topped with streaky bacon, cheddar cheese, crispy onions, salad and four seasons burger sauce. Complete this dish with a side of your choice | 1,2,3,7,9,13  GF

mains

TIKKA MASALA

€ 18.95

Vibrant vegetables in a rich and aromatic tikka sauce, served alongside steamed rice and accompanied by a warm garlic nan | 1,2,5,7,8,13,14 (V) GF

Add prawns €4 | 10

Add chicken €3 |

CHICKEN & PANCETTA TAGLIATELLE

€ 21.95

Served with a homemade sauce of your choice, garlic bread and topped with parmesan cheese

Creamy Basil Pesto or Creamy Tomato Sauce

From the Sea

DAY BOAT SPECIAL

€ 24.95

Pan fried fish of the day, accompanied by a dill and lemon cream sauce, veg of the day & creamy mash
| 2,4,5,11

TRADITIONAL FISH & CHIPS

€ 23.95

Crispy battered cod served alongside our signature homemade zingy tartar sauce, golden fries, and a refreshing side salad | 1,2,3,9,11,13

"Our ethos is to source local high-quality fresh ingredients creating excellent food at affordable prices.

Great Local Ingredients From Great Local Suppliers."

Stephen Stone - Head Chef

desserts

APPLE & CINNAMON CRUMBLE

€ 8 . 9 5

1,2,3,4,7

CHEESECAKE OF THE DAY

€ 8 . 9 5

Please ask your server

CHOCOLATE GANACHE PUDDING

€ 8 . 9 5

1,2,3,7

DESSERT OF THE DAY

€ 8 . 9 5

Please ask your server

ETON MESS

€ 8 . 9 5

2,3,7

BAILEYS AFFOGATO

€ 8 . 9 5

2,3,7 Contains Alcohol

SELECTION OF ICECREAM

€ 5 . 9 5

2,3

Hot Beverages

TEA €3.50

HERBAL TEA €3.75

AMERICANO €3.75

CAPPUCCINO €3.75

FLAT WHITE €3.75

LATTE €3.75

HOT CHOCOLATE €3.75

The Lough Larder

Visit our shop in the lobby for
produce made in the hotel and
across the island of Ireland

Digestif

**IRISH
COFFEE**
Powers
whiskey,
freshly
brewed
coffee &
cream €8.50

**ESPRESSO
MARTINI**
Double
espresso,
vodka,
coffee
liqueur
€13.95

**BAILEYS
COFFEE**
Baileys
liqueur,
freshly
brewed
coffee &
cream €8.50

**WHISKEY &
CIGAR**
Selection of
whiskeys &
cigars
available
from the bar
counter

Private Dining

Allow our award-winning team to help you create a bespoke event to fit
your preferences, in terms of budget, dietary preferences, drinks and wine.

Contact DM@FSHC.IE.