

welcome

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.

SUPPLIERS

FISH - Morgans Fine Fish - Omeath

BEEF - McEnaney's Butchers - Dundalk

PORK - P&A Quinn Pork - Dundalk

POULTRY - Tony Kieran - Dundalk

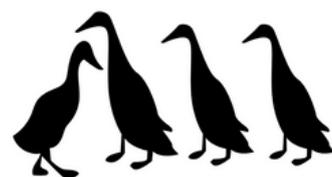
DUCK - Silverhill farm - Monaghan

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

€ 6.95

*Please ask server. Served with homemade brown bread
| Contains 1,3,4,5,7 Gluten free available*

CAESAR SALAD

€ 11.95

*Honey baked chicken, crunchy croutons, parmesan,
smoked streaky bacon and homemade Caesar dressing,
all tossed with crisp baby gem lettuce
| Contains 1,2,3,7,9,13,14 Gluten free available*

BUFFALO CHICKEN WINGS

€ 12.95

*Served with blue cheese dip, celery
| Contains 1,2,3,4,5,14*

GOLDEN FOUR CHEESE CRUMBLE

€ 13.95

*A blend of 4 cheeses baked with a panko, toasted oat
and nut crumb with warm bread
| Contains 1,2,3,4,7,9,13,14*

CHARRED BROCCOLLI & HALLOUMI SALAD

€ 11.50

*Served warm, tossed with roast cherry tomato, honey
beetroot, toasted almond and balsamic dressing |
Contains 2,7,13,14 Gluten free*

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

starters

SEAFOOD CHOWDER

€ 12.95

Award winning seafood chowder using the best local produce, served with homemade wheaten bread

| Contains 1,2,4,5,7,10,11,13 Gluten free available

HAM & CHEESE CROQUETTES

€ 11.95

Crispy panko coated potato, stuffed with baked ham and Dubliner cheese with Ballymaloe relish

| Contains 1,2,3,4,7,13

CREAMY GARLIC AND LEMON PRAWNS

€ 14.95

Served with toasted ciabatta

| Contains 1,2,3,4,7,10,11,13,14 Gluten free available

GARLIC CIABATTA

€ 8.95

*Toasted with roast garlic butter and parmesan |
Contains 1,2,3,7,9*

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

main

From the Land 

PANFRIED CHICKEN SUPREME € 21.95

Marinated in garlic & fresh herbs. Accompanied by a whiskey and chorizo sauce, mash and seasonal vegetables

| Contains 2,4,5 Gluten free & dairy free available (allow 20 minutes cooking time)

ASIAN STIRFRY € 18.95

Stir fried, vibrant Asian vegetables and our signature stir-fry sauce, served alongside steamed rice

| Contains 1,4,5,9,10,11,14

Add prawns €4 | 10

Add Chicken €3

100Z SIRLOIN STEAK GF € 34.95

Cooked to your liking, accompanied with sautéed onions and mushrooms, a rich peppercorn sauce. Complete this dish with a side of creamy mash or fries

| Contains 1,2,4,5,9,11,13 Gluten free & dairy free available

€8 Supplement for Package Diner

FOUR SEASONS SMASH BURGER GF € 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

| Contains 1,2,3,7,9,13,14 Gluten free and dairy free available

BUTTERMILK PANKO CHICKEN BURGER € 19.95

Southern fried fillet in a toasted brioche bun filled with pickled red onion, garlic mayo, cheddar cheese, smoked streaky bacon and lettuce

| Contains 1,2,3,7,9,13,14

main

TIKKA MASALA GF

€ 18.95

Vibrant vegetables in a rich and aromatic tikka sauce, served alongside steamed rice and accompanied by a warm garlic naan | Contains 1,2,5,7,8,13,14 Gluten free and dairy free available

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 | Contains 1,2,3,7,9,13,14 Dairy free available

Please choose Creamy Basil Pesto or Creamy Tomato Sauce

CHEFS SPECIAL

€ 19.95

Changes daily please ask your server | Dietary's available on request

From the Sea

DAY BOAT SPECIAL

€ 24.95

*Pan fried fish of the day, veg of the day & creamy mash | Contains 2,4,5,7,11,14,15
Please ask your server for more details*

TRADITIONAL FISH & CHIPS

€ 23.95

Crispy battered cod served alongside our signature homemade zingy tartar sauce, golden fries, and a refreshing side salad | Contains 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 € 8.95

1,2,3,4,7

CHEESECAKE OF THE DAY € 8.95

Please ask your server

CHOCOLATE GANACHE PUDDING € 8.95

1,2,3,7

DESSERT OF THE DAY € 8.95

Please ask your server

ETON MESS € 8.95

2,3,7

BAILEYS AFFOGATO € 8.95

2,3,7 Contains Alcohol

SELECTION OF ICECREAM € 5.95

2,3