



Lough Lounge

FOUR SEASONS HOTEL, SPA AND LEISURE CLUB CARLINGFORD



Lunch Menu

Soup of the Day | GF AVL 1,7,9

Served with homemade wheaten bread or crisp bread rolls.
€5.50

Crispy Wings with Sticky Asian Sauce | 6,11,12

Crisp chicken wings with sticky sweet Asian sauce and soy dipping sauce.
€10.00

Ploughmans Salad | GF AVL 1,3,7,10,12

With honey and mustard roast ham, cheddar cheese, pickles, boiled egg and our house salad served with toasted sourdough bread
€10.50

Quiche of the Day | 1,3,7,10,12

Ask your server for more information. Served with our house salad
€8.50

Tomato, Onion & Thyme Foccacia Bread | 1,7,10,12

Finished with ham & cheddar cheese, oven baked and served with our house salad
€8.50

Open Prawn Sandwich | GF AVL 1,2,7,10,12

Sweet cold water prawns bound together with Marie Rose sauce.
Served on our homemade wheaten bread with a lemon, sea salt butter & our house salad.
€9.50

Coronation Chicken Baguette | GF AVL 1,10,12

Tender chicken with coronation chicken dressing and rocket served on sourdough baguette, with our house salad.
€8.95

Fish & Chips | 1,3,4,12

In a golden batter with house salad, homemade tartar sauce, mushy peas and chunky chips.
€18.00

Steak Sandwich | GF AVL 1,7,10,12

In a toasted ciabatta bun with mustard mayo, watercress salad and slow braised onions. Served with side of your choice, house salad and a brandy and peppercorn sauce or garlic butter
€21.50

8oz Irish Smoked Shin Burger | GF AVL 1,3,7,12

Served on a toasted brioche bun, with bacon marmalade, mayo, cheddar cheese, tomato, lettuce and house salad.
€17.50

Curried Cauliflower Burger | GF AVL 1,12

Ciabatta bun with lettuce, tomato, red onion and vegan mayo, served with house salad and side of your choice.
€16.00

ALLERGENS LIST

1.Gluten 2.Crustaceans 3.Eggs 4.Fish 5.Peanuts 6.Soybean 7.Milk 8.Nuts 9.Celery
10.Mustard 11.Sesame Seeds 12.Sulphur Dioxide 13.Lupin 14.Molluscs

Desserts

Cheesecake of the day

Please ask your server for details

Warm Apple & Wild Blackberry Oat Crumble Tart | 1,3,7

Served with vanilla bean ice cream & custard sauce

Strawberry and Yuzu Panna Cotta | 3,7

Served with whipped vanilla ganache & strawberry jelly

Salter Caramel Chocolate Tart | 1,3,7

Served with fresh whipped cream and raspberry crunch

Summer Fruit Meringue Roulade | 3,7

Served with Elderflower chantilly cream and fruit coulis

Warm Raspberry, Lemon & White Chocolate Steamed Pudding | 1,3,7

Served with lemon curd sauce & strawberry ice cream.

ALL DESSERTS

€6.00

Sweet Treats

Homemade Scones €3.50

With selection of jams & fresh cream

Plain | 1,3,7

Fruit | 1,3,7

Wholemeal Bramley Apple | 1,3,7

Cookies €3

Chocolate Chip Cookies | 1,3,7

Raspberry & White Chocolate Cookies | 1,3,7

Bluberry & Lemon Muffins | 1,3,7

€3.50

Cupcakes €3

Strawberry Shortcake Cupcakes | 1,3,7

Cookie & Cream Cupcakes | 1,3,7

Slice Cakes €3.50

Coffee & Walnut Cake | 1,3,7,8

Lemon Curd Cake | 1,3,7

Rocky Roads | 1,3,7

€3.50

Toffee & Raspberry Chantilly Cream Eclairs | 1,3,7

€3.50

Selection of breads available | Please ask your server for details

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Sides

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|--------------------------|-------|
| Mash | €4.00 |
| Champ Mash | €4.00 |
| Spicy Wedges | €4.00 |
| Chunky Chips | €4.00 |
| Skinny Chips | €4.00 |
| Sauté Potato | €4.00 |
| Baby Boils | €4.00 |
| Veg of the day | €4.00 |
| Sauté Onions | €4.00 |
| Onion Rings | €4.00 |
| House Salad | €4.00 |
| Garlic Bread | €4.00 |
| Parmesan & Truffle chips | €5.00 |

Sauces

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| Homemade Gravy | €1.70 |
| Pepper Sauce | €1.70 |
| Brandy & Mushroom Sauce | €1.70 |

Condiments

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|-----------------|-------|
| Sweet Chilli | €0.50 |
| Garlic Mayo | €0.50 |
| Caeser Dressing | €0.50 |
| English Mustard | €0.50 |
| Dijon Mustard | €0.50 |

ALL OUR BEEF IS 100% IRISH



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