



Lough Lounge

FOUR SEASONS HOTEL, SPA AND LEISURE CLUB CARLINGFORD



Evening Menu

Starters

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

Served with selection of homemade breads
€5.50

Crispy Wings with Sticky Asian Sauce | 1,6,11,12

Crisp chicken wings with sticky sweet Asian sauce and soy dipping sauce.
Starter €10.00 | Main €14.00

Super Food Salad | GF 5,8,9,12

With berries, rice, tomato, spinach, dried fruits, nuts,
red onion and a maple syrup vinaigrette.
Starter €9.50 | Main €13.50

Seafood Chowder | GF AVL 1,2,4,7,9,12,14

Fresh seafood and shellfish in a creamy chowder sauce, with
side of homemade wheaten bread.
Starter €12.00 | Main €16.50

Cajun Caesar Salad | GF AVL 1,3,4,7

Tender strips of lightly spiced chicken, croutons, cos lettuce,
parmesan cheese, bacon lardons and Caesar dressing.
Starter €9.90 | Main €13.50

Mains

Red Thai Chicken Curry | GF 5,6

Tender chicken in a lightly spiced fragrant red thai
curry sauce. Served with coconut rice, poppadum and toasted peanuts.
€18.00

Italian Beef Ragù | GF AVL 1,3,7,9,12

Shin of beef, slow braised for 4 hours until tender, served with
pappardelle pasta in a rich red wine & tomato sauce
and freshly grated parmesan cheese.
€19.50

10oz Ribeye Steak | GF AVL 1,12

Tender Irish ribeye steak served with onion rings,
side of your choice and a brandy peppercorn sauce or garlic butter
€24.00

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

Vegetarian & Vegan

Red Thai Vegetable Curry | GF 5,6

Mixed vegetables in a lightly spiced fragrant red thai
curry sauce, served with coconut rice, poppadum and toasted peanuts.
€15.50

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

Burgers

8oz Irish Beef 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

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

**All burgers come with a side of your choice.
Please refer to our list of sides**

Fish

Fish & Chips | 1,3,4,12

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

Teriyaki Salmon with Sesame Pak Choi | GF 6,11,12

Sweet chilli, honey, sesame oil and soy sauce combined to make a light and healthy baked salmon dish served with coconut rice.
€21.50

Sides

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

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

Condiments

Sweet Chilli	€0.50
Garlic Mayo	€0.50
Caesar Dressing	€0.50
English Mustard	€0.50
Dijon Mustard	€0.50

ALL OUR BEEF IS 100% IRISH

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

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