

STARTERS

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

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

Super Food Salad | GF 5,8,11,12

Nutritious quinoa, rice, mixed fruit, nuts and veggies, with a maple syrup vinaigrette. This is a light and delicious salad.
Starter €8.50 | Main €11.50

Crispy Wings | 1,3,6,10,11,12

Prime cut wings, coated in our sweet and sticky Asian inspired sauce.
With sriracha and fresh lime dipping mayo finished with toasted sesame seeds.
Starter €10.50 | Main €14.00

Garlic and Chilli Prawns | GF AVL 1,2

Sweet and succulent pink tail prawns, lightly cooked in garlic and chilli oil with cherry tomato, served with garlic and parsley Turkish flat bread.
Starter €14.50 | Main €19.50

Cold Chargrilled Chicken Caesar Salad | GF AVL 1,3,4,7,10,12

Tender strips of chicken, croutons, cos lettuce, parmesan cheese, smoked streaky bacon and Caesar dressing.
Starter €9.50 | Main €15.00

MAINS

Chicken Tikka Masala | GF AVL 1,7,8

Soft, tender chicken marinated in spices and yogurt, grilled in a slightly sweet and spicy tomato and coconut sauce. Served with basmati rice, garlic naan bread, and a cooling mint & cucumber raita.
€17.50

Chuck n Brisket Burger | GF AVL 1,3,7,12

Juicy chuck n brisket burger with bacon marmalade, mayo, cheddar cheese, lettuce and onion ring. Served on a toasted brioche bun with a side of your choice.
€17.00

8oz Hereford Ribeye Steak | GF AVL 1,12

Tender, Grass Fed Irish ribeye steak served with onion rings, a side of your choice and a choice of brandy peppercorn sauce or garlic butter.
€24.50

Chicken Supreme | GF 7,12

Marinated roast supreme of chicken, a rich brandy, bacon and mushroom sauce finished with black truffle oil. Served with creamy mash and veg of the day.
€17.50

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.Molluses

FISH

Fish & Chips | 1,3,4,12

Fresh, locally sourced cod in a golden beer batter with our tangy malt vinegar tartar sauce, mushy peas and chips.
€17.50

Fillet of Salmon | GF AVL 4,7,12

Pan seared salmon with sweet baby potatoes, green garden vegetables and beurre blanc sauce, infused with locally sourced mussels.
€19.95

Scampi & Chips | 1,2,3, 10,12

Lightly spiced sweet pink tail prawns encased in crisp batter, house salad, malt vinegar tartar sauce and chips.
€19.50

VEGETARIAN & VEGAN

Vegetable Tikka Masala | VEGAN AVL, GF AVL 1,7,8

Chickpeas and mixed fresh garden vegetables in a slightly sweet and spicy tomato and coconut sauce. Served with basmati rice, garlic naan and a cooling mint and cucumber raita.
€16.50

Curried Cauliflower Burger | VEGAN AVL, 1,6,10

Served on a toasted ciabatta bun with lime and garam masala vegan mayo, guacamole, lettuce, tomato, red onion and a side of your choice.
€16.50



Lough Lounge

FOUR SEASONS HOTEL, SPA AND LEISURE CLUB CARLINGFORD



SIDES

Mash €4.00

Champ Mash €4.00

Chips €4.00

Cajun Chips €4.00

Baby Boils €4.00

Veg of the day €4.00

Onion Rings €4.00

House Salad €4.00

Caesar Salad €4.00

Garlic Bread €4.00

Parmesan & Truffle Chips €6.00

SAUCES

Homemade Gravy €2.50

Pepper Sauce €2.50

Brandy & Mushroom Sauce €2.50

Garlic Butter €2.50

CONDIMENTS

Sweet Chilli €0.50

Garlic Mayo €0.50

Caeser Dressing €0.50

English Mustard €0.50

Dijon Mustard €0.50

PLEASE ASK YOUR SERVER FOR OUR DESSERT MENU.
ALL OUR DESSERTS ARE HOMEMADE

PLEASE ALLOW APPROPRIATE TIME FOR COOKING
AS ALL OUR DISHES ARE FRESHLY PREPARED

ALL OUR BEEF DISHES ARE 100% GRASS FED IRISH BEEF



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