

Lunch Menu

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

Served with Artisan homemade wheaten bread or crisp bread rolls.

€5.50

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.

€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 homemade garlic and parsley Turkish flat bread.

€19.50

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

Croutons, cos lettuce, parmesan cheese, smoked streaky bacon and Caesar dressing.

€9.50 | With Chicken €15.00 | With Smoked Salmon & Prawns €18.90

Chuck n Brisket Cheese Burger | GF AVL 1,3,4,7,10,12

Juicy chuck n brisket burger with cheddar cheese, lettuce and red onion. Served on a toasted brioche bun with salad or chips.

€15.50

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

On toasted vegan brioche bun with guacamole, crisp lettuce, tomato, lime garam masala vegan mayo served with a choice of chips or house salad

€13.50

Gourmet Open Sandwiches

Smoked Salmon Sandwich | GF AVL 1,3,4,7,8,10,11,12

With guacamole on our artisan homemade wheaten bread, finished with crème fresh dressing, garnished with house salad.

€12.50

Fish Sandwich | GF AVL 1,3,4,7,10,12

Tender cod in batter with chipotle chilli mayo coleslaw, lettuce and guacamole on a toasted brioche roll served with house salad or chips.

€14.50

Prawn Sandwich | GF AVL 1,2,3,7,8,10,11,12

Sweet cold-water prawns bound together in a Marie rose sauce served on our artisan wheaten bread with garnish of house salad.

€11.00

Ham & Cheese Irish Guinness Rarebit | GF AVL 1,7,10,12

Toasted sour-dough bread with baked ham, smothered in Irish cheddar cheese & stout sauce and the grilled to create the ultimate cheese and ham toastie. Garnished with house salad.

€10.50

Roast Cherry Tomato Sandwich | VEGETARIAN AVL 1,7,8,10,12

Sourdough toast with sweet roast cherry tomato, ricotta cheese and basil pesto with side of house salad.

€10.50

Sides

Mash	€4.00	Onion Rings	€4.00	Cajun Chips	€4.00	Garlic Bread	€4.00
Champ	€4.00	House Salad	€4.00	Baby Boils	€4.00	Parmesan & Truffle Chips	€6.00
Chips	€4.00	Caesar Salad	€4.00	Veg of the day	€4.00		



Lough Lounge

FOUR SEASONS HOTEL, SPA AND LEISURE CLUB CARLINGFORD



**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

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**