

STARTERS

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 | 1,6,11,12

Crisp chicken wings with sticky sweet Asian sauce and soy dipping sauce.
Starter €8.90 | Main €12.95

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

With berries, rice, tomato, spinach, dried fruits, nuts, red onion and a maple syrup vinaigrette.
€8.50

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 €10.90 | Main €14.90

Garlic and Chilli Prawns | GF AVL 1,2,7,12

Pinktail prawns in a chilli and garlic oil with cherry tomato and side of garlic bread.
Starter €13.90 | Main €16.90

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 €8.90 | Main €12.50

Goats Cheese Crostini | GF AVL 1,7,8,12

Oven baked goats cheese crostini on ciabatta bread, with candied walnuts, onion marmalade, honey dressing and microgreens salad.
€9.50

Chicken Supreme | GF 7,12

Marinated in herbs and garlic, served with mash and veg of the day with a mushroom & bacon brandy sauce
€16.00

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.
€16.50

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.
€18.00

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
€22.00

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
€19.90

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.
€13.95

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.
€14.50

MAINS

BURGERS

Fillet of Fish Burger | 1,3,4,7,12

Fillet of fish in golden batter served on a toasted brioche bun with lettuce, tomato, homemade tartar sauce and our house salad.
€15.50

Tandoori Chicken Burger | GF AVL 1,7,12

Served on brioche bun, with cooling mint yoghurt raita, lettuce, cucumber, red onion and house salad.
€16.00

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.
€16.50

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.
€16.50

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.
€16.50

Fillet of Hake | 1,4

Served in a vegetable broth, with sweet smoked paprika, chorizo, cannellini beans, spinach and baby potatoes.
€19.50

Teriyaki Salmon with Sesame Pak Choi | 1,6,11,12

Sweet chilli, honey, sesame oil and soy sauce combined to make a light and healthy baked salmon dish served with coconut rice.
€19.50

Naturally Smoked Battered Haddock | 1,3,4,12

Served with house salad, homemade tartar sauce, mushy peas and chunky chips.
€18.00

Scampi & Chips | 1,2,4,12

In light tempura batter, served with house salad, homemade tartar sauce and chunky chips
€18.00

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

Caeser Dressing €0.50

English Mustard €0.50

Dijon Mustard €0.50



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 IS 100% IRISH

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

