lunch menu

TOASTED SPECIAL
Toastie with ham, cheese, onion, tomato, served with crisps & a side salad

Contains 1,2,4 | GF available

€11.95

OPEN CLOGHERHEAD SMOKED SALMON
Homemade brown bread, salad leaves, red onions and capers with a lemon & dill dressing

Contains 1,2,3,4,13 | GF available

€16.95

CAPRESE PANINI
Buffalo mozzarella, sliced tomatoes & basil pesto, served with chips

Contains 1,2,4,5,13

€15.95

CAJUN CHICKEN WRAP
With garlic mayo, chutney, lettuce & cheddar cheese, served with chips

Contains 1,2,3,4

€15.95

FALAFEL WRAP
Red onion, cucumber, red peppers & rocket with a tomato sauce & a curried yoghurt, served with chips

Contains 1,2,4,13,14

€14.95

(1) Gluten, (2) Milk, (3) Eggs, (4) Sulphites, (5) Celery, (6) Lupin, (7) Nuts, (8) Peanuts, (9) Soy, (10) Shellfish, (11) Fish, (12) Molluscs, (13) Mustard, (14) Sesame

GF Gluten Free Vegetarian

SOUP OF THE DAY

Please ask server. Served with homemade brown bread

Contains 1,2,3,4,5,7 | GF available

€6.95

SEAFOOD CHOWDER

Creamy velouté with Carlingford mussels and locally sourced seafood, served with homemade brown bread

Contains 1,2,3,4,5,7,10,11,12 | GF available

€10.95

BUFFALO CHICKEN WINGS

A hot buffalo sauce, celery and with a blue cheese dip

Contains 1,2,3,4,5

€13.50

CAESAR SALAD

Baby gem, smoked bacon lardons, croutons, shaved parmesan and our signature Caesar dressing

Add chicken €3.00

Contains 1,2,3,4,11,13 | GF available

€10.95

4SEASONS SMASH BURGER

Brioche bap with 4 seasons burger sauce, two patties with cheese, crisp leaves, tomato, red onion, topped with a gherkin and served with chips

Contains 1,2,3,4

€21.50

SOUTHERN FRIED CHICKEN FILLET BURGER

Brioche bap with garlic mayonnaise and chutney, crisp leaves, tomato, red onion and served with chips

Contains 1,2,3,4,5 | GF available

€19.95

FISH AND CHIPS

Cod in a crispy batter, served with chips, mushy peas, a lemon wedge and homemade tartar sauce

Contains 1,3,4,11,10,13

€23.95

TIKKA MASALA CURRY

Julienne of vegetables in aromatic tikka sauce, served with steamed rice and naan bread

Add chicken €3.00

Contains 1,2,5,7,8,13,14 | GF available

€18.95

BEEF & GUINNESS STEW

Served with creamy mash potatoes & homemade soda bread

Contains 1,2,3,4,5,7,13,14

€22.95

ADD A SIDE

€3.00

Gravy

Pepper sauce

Chips +€2.50

