

BAR BISTRO MENU

12 NOON – 9.30PM

STARTERS & SNACKS

Soup of the Day 5.95

with soda bread (soup, 9) (bread has 1:WHEAT,7) GF bread available

Seafood Chowder 9.95

with soda bread (1:WHEAT,2,4,7,9,14)(bread - 1:WHEAT,7)

Toasted Sriracha Chicken Wrap 10.50

smoked provolone cheese, onion marmalade, multigrain wrap,
served with chips (1:MULTIGRAIN/WHEAT, 3,6,7)

Goat's Cheese and Beetroot Wrap 10.50

buche de chèvre, beetroot, grilled ribbons of courgette,
wholemeal wrap, served warm (1:MULTIGRAIN/WHEAT, 7)

Tempura of King Prawns 10.00

with mango & lime mayo (1:WHEAT, 2,3,6)

Spicy Chicken Wings 9.95 / 15.50

with blue cheese dip, celery (3,7,9,10)

(STARTER / MAIN)

Club Sandwich 11.95

chicken, bacon, tomato, salad, chipotle mayo, sourdough, chips
(1:WHEAT/RYE, 3,9,10) (GF option available)

The ingredients used in the dish contain. 1-Gluten 2-Crustaceans 3-Eggs 4-Fish 5-Peanuts
6-Soybeans 7-Milk 8-Nuts 9-Celery 10-Mustard 11-Sesame Seeds 12-Sulphur Dioxide
13-Lupin 14-Molluscs. All 14 allergens are openly used throughout the kitchen.
Trace amounts may be present in all dishes. Our steaks are from Doyle Meats

SALADS

Classic Chicken Caesar Salad 14.95

bacon, croutons, parmesan, (1:WHEAT,3,7,10)

Ballycotton Smoked Salmon 12.95

ponzu glaze, shallots, lemon juice, cherry tomato, avocado, black sesame, toasted gluten-free sourdough (1:WHEAT in soy glaze, 4,6,11)
[the ponzu soy glaze can be substituted with a GF option on request]

Beef Tagliata Salad 19.50

skirt steak tagliata, cashel blue dip, cherry tomato, red onions, avocado, baby spinach, rocket, mango dressing (3,7,10)

MAINS

Lemon Sole Goujons & Chips 14.95

in beer batter, home-made tartar sauce (1:WHEAT, 3,4,10)

Ham & Applewood Cheddar Omelette 12.95

served with chips (3,7)

Teriyaki Chicken Suprême 19.95

free-range suprême with garlic and thyme, a teriyaki glaze, and a salad of edamame, mixed leaves, mango, and chili (6)
(please allow 30min)

Linguine Aglio E Olio with Tiger Prawns & Chorizo 18.95

garlic, olive oil, parmesan, parsley, small strips of chorizo
(1:WHEAT,2,7,9,10,12)

Pasta Bolognese 16.95

beef ragu, parmesan, parsley, garlic oil, linguini (1:WHEAT,7,9)

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MAINS

Fensi Noodles Pho 13.95

glass noodles, chicken broth, spring onion, julienne carrots & cabbage, pok choi, lime, chilli, green beans (allergens n/a)

Add chicken €4 Add prawn €6 (allergen: 2)

Add skirt steak strips €7

Chipotle Chicken Fillet & Avocado Burger 16.95

chicken fillet, mashed avocado, brioche bun, applewood cheddar, chipotle mayo, chips (1:WHEAT,3,7)

Hampton Cheese Burger 16.95

8oz hereford burger, cheddar, brioche bun, red onion & relish, chips (1:WHEAT,7,10)

Spiced Halloumi & Pineapple Burger 14.95

lettuce, tomato, chipotle mayo, brioche bun, chips (1:WHEAT, 3,6,7)

Fillet of Hereford Irish Beef 35.00

28-day aged 7oz fillet with chips, onion rings and peppercorn sauce (7,9,12)

SIDES

CHIPS	4.00	GREEN LEAVES (12)	4.50
BUTTON MUSHROOMS	4.00	PEPPER SAUCE (7,12)	2.00
ONION RINGS	4.00	AIOLI PORTION (3)	0.50

(1:WHEAT & BARLEY)

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DESSERTS

NUTELLA BROWNIE 6.50

Served warm, with vanilla ice cream & a raspberry compote
(3,6,7,8: HAZELNUTS)

APPLE TARTE TATIN 6.50

Served warm, with toffee caramel sauce and vanilla ice cream
(1:WHEAT, 3, 7)

ETON MESS 6.50

Strawberries, meringue crumble, cream, strawberry ice cream, coulis
(3, 7)

ASSIETTE OF GLENOWEN & PAGANINI ICE CREAM SELECTION (3, 5, 6, 7) 6.50

TEAS & COFFEES

POT OF REGULAR TEA	2.90	POT OF EILLES TEA	3.60
ESPRESSO	2.30	DOUBLE	3.10
AMERICANO	3.10	CAPPUCCINO	3.60
LATTE	3.60	FLAT WHITE	3.40
HOT CHOCOLATE	3.60	MOCHA	3.80

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