

BAR BISTRO MENU

12 NOON – 9.30PM

STARTERS & SNACKS

Soup of the Day	6.95
with soda bread (soup, 9) (bread has 1:WHEAT,7) GF bread available	
Seafood Chowder	11.95
with soda bread (1:WHEAT,2,4,7,9,14)(bread - 1:WHEAT,7)	
Tempura of King Prawns	10.00
with mango & lime mayo (1:WHEAT, 2,3,6)	
Club Sandwich	11.95
chicken, bacon, tomato, salad, chipotle mayo, sourdough, chips (1:WHEAT/RYE, 3,9,10) (GF option available)	
Goat's Cheese and Beetroot Wrap	10.50
buche de chèvre, beetroot, grilled ribbons of courgette, wholemeal wrap, served warm (1:MULTIGRAIN/WHEAT, 7)	
Toasted Sriracha Chicken Wrap	10.50
mozzarella cheese, onion marmalade, multigrain wrap, served with chips (1:MULTIGRAIN/WHEAT,3,6,7)	
Duck Liver Pâté	9.50
with Folláin Whiskey Marmalade, and toasted gluten-free bread (7)	
Brie Parcels	9.95
crumbed, deep-fried, with Folláin cranberry sauce (1:WHEAT,3,7)	

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

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]

Classic Chicken Caesar Salad 14.95
bacon, croutons, parmesan, (1:WHEAT,3,7,10)

MAINS

Spicy Chicken Wings 9.95 / 15.50
with blue cheese dip, celery (3,7,9,10) (STARTER / MAIN)

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)

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)

Chicken Goujons & Chips 11.50
with garlic mayo & curry dip (1:WHEAT,3,7,9,10)

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MAINS

Turkey Crown & Glazed Limerick Ham 17.95

home-made stuffing, potatoes, vegetables, gravy, cranberry sauce
(1:WHEAT,7,9,10)

Hampton Cheese Burger 16.95

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

Chicken Stir Fry 16.95

chicken fillet, fresh chilli, garlic, onion, peppers basmati & coconut rice,
house blend sauce (1:WHEAT,4,6,9,11,14) Vegetarian option available

Rigatoni Bolognese 17.95

(1:WHEAT,6,7,9,10)

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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