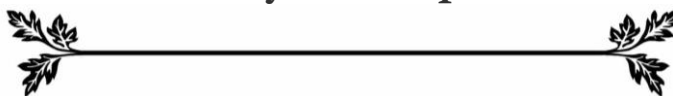




1. **All-Day Menu** Bookings 12 Noon until 9pm
2. **Breakfast Menu** Mon-Fri 7.15am – 10.30am Sat & Sun 8.00am – 11.00am
3. **Teas & Coffees** Regular and Speciality
4. **Wines** 12 wines available by the glass
5. **List of Allergens** Please let us know of any dietary requirements

All-Day Menu

healthy at hampton



Soup of the Day

with soda bread (soup - 9) (bread has 1:WHEAT,7)
5.95

Sliced Half Avocado & Hummus

grilled sourdough bread, mixed leaves, coriander, garlic oil (1:WHEAT,11)
9.00

Halloumi & Beetroot Salad

orange glaze, mixed leaves, radish, dill & olive dressing (7)
9.50

Ham & Applewood Cheddar Omelette

served with stealth fries (3,7)
10.95

Paprika Chicken & Spinach Salad

chicken with paprika yoghurt dressing, red chilli, sweet potato,
spinach with french dressing, spring onion, brown rice (7,10)
11.30

Superfood Salad

sweet potato, cranberries, chickpeas, cherry tomato, roasted pine nuts,
green lentils, blueberries, olives, mixed leaves, pesto & balsamic (12)
10.95

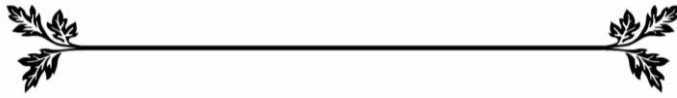
Linguine Aglio E Olio with Tiger Prawns

garlic, olive oil, parmesan, parsley (1:WHEAT,2,7)
15.95

Steak Tagliata

sliced 8oz sirloin, rocket, parmesan, parsley,
black olives, radish, basil pesto (7)
17.95

Old Favourites



Seafood Chowder

with soda bread (Chowder - 1:WHEAT,2,4,7,9,14)(Bread - 1:WHEAT,7)
9.00

Frank's Chicken Wings

blue cheese dip, celery stick (3,7,9,10)
9.00 / 13.95

Tempura of King Prawns

with mango & lime mayo (1:WHEAT,2,3,6)
9.50

Club Sandwich

granary bread, chicken, crispy bacon, tomato, salad, relish (1:WHEAT,10)
11.95

Classic Caesar Salad

chicken, bacon, croutons, parmesan (1:WHEAT,3,7,10)
10.95 / 14.95

Cajun Chicken Wrap

chicken fillet, salad, onion, peppers (1:WHEAT,10)
9.95

Fish & Chips

cod in beer batter, mushy peas, tartar dip, stealth fries (1:WHEAT,3,4,10)
15.95

Chicken Stir Fry

chicken fillet, fresh chilli, garlic, onion & peppers,
basmati & coconut rice, house blend sauce (1:WHEAT,4,6,9,11,14)
14.95

Hampton Cheese Burger

8oz Hereford burger, applewood mature cheddar, brioche bun,
red onion & relish on side (1:WHEAT,7,10)
15.95

Sides €4

Stealth Fries

Sweet Potato Fries

Onion Rings (1:WHEAT, BARLEY)

Green Leaves with balsamic (12)

Aioli (0.50c for portion)

Desserts €6

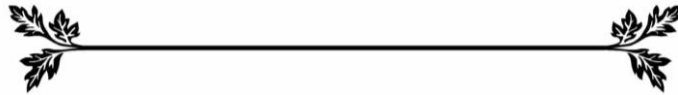
Apple Tart serv. cold with ice cream (1:WHEAT,3,7)

Lemon Sorbet with berries

Strawberries & Cream (7)

Selection of Ice Cream (3,5:trace,7)
(vanilla/chocolate/strawberry)

Breakfast Menu



€15 per person

For hotel residents with inclusive breakfast rates:
Choose any Continental Breakfast item + 1 Full Breakfast item

Continental Items

Selection of Juices

Apple, Orange, Cranberry

Cereal

(SERVED IN SEALED BOX)

Cornflakes (1: BARLEY), *Special K* (1:WHOLEWHEAT/BARLEY)

Coco Pops (1:BARLEY), *Rice Krispies* (1:BARLEY)

Crunchy Nut (1:BARLEY, 5), *Weetabix* (1:WHEAT/BARLEY)

Bran Flakes (1:BARLEY/WHOLEWHEAT/WHEAT/WHOLEMEAL)

Fruit'n'Fibre (1:WHOLEWHEAT/BARLEY, 8: HAZELNUTS)

Toast

served with butter/preserves (1: WHEAT, 7)

Fresh Fruit Salad

Yoghurts

(7, 8: HAZELNUT yoghurt)

Fresh Pastries

(1:WHEAT, 3, 6, 7)

Freshly Brewed Irish Tea or Coffee

Full Breakfast

Irish Breakfast Plate

bacon, clonakilty sausage, black and white pudding, button mushrooms,
hash brown, baked beans, with fried or scrambled egg (1:WHEAT/BARLEY,3,7)

Vegetarian Breakfast

button mushrooms, plum tomato, hash brown, baked beans, toast,
with fried or scrambled egg (1:WHEAT,3,7)

Sliced Half-Avocado & Hummus

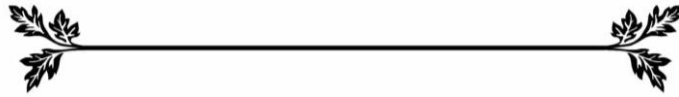
on grilled sourdough bread (1:WHEAT,11)

Porridge Oats with Honey

add dried fruit or walnuts (1:OATS,7,8: WALNUTS, if requested)

*Our cooked breakfast items are cooked to order.
Please allow time during busy periods.*

Tea & Coffee



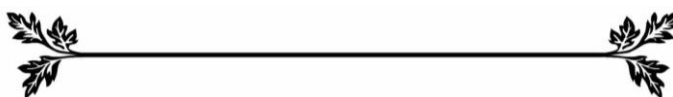
		Regular	Large
Pot of Tea		2.80	5.60
Eilles Speciality Tea		3.60	
Chamomile, Earl Grey, Peppermint, Summer Berries, Green Apple			
Espresso		2.30	2.60
Americano		3.00	3.20
Cappuccino	(7)	3.60	4.00
Latte	(7)	3.60	4.00
			<u>Regular</u>
Macchiato	(7)	2.60	3.60
Flat White	(7)		3.40
Hot Chocolate	(7)		3.40
Mocha	(7)		3.80
Non-Dairy Options Available			+ .40

We use Alfredo Espresso beans in our coffees. We offer Caffe (Arabica) or Superbar (Dark Roast).
All of our speciality coffees (except lattes) are served with a double shot.

Liquor Coffees € 6.50

		Allergen
Irish Coffee	(Jameson)	(1:BARLEY, 7)
Baileys Coffee	(Bailey's Irish Cream)	(1:BARLEY, 7)
Liquor Coffee	(Gran Marnier)	(7)
Calypso Coffee	(Kahlua)	(7)
Italian Coffee	(Disaronno)	(7)
Seville Coffee	(Cointreau)	(7)
Brandy Coffee	(Hennessy)	(7)
Cafe Corretto	(Sambuca)	(7)

Wine



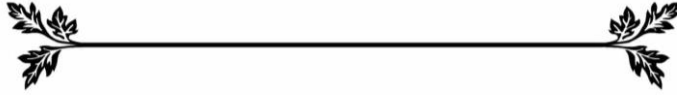
Red

White

<p>Roland Bouchecourt, Merlot 6.50 / 26.00 France Red cherry colour with a fruity, elegant nose with ripe red fruit aromas & peppery hints. In the mouth, it is all smoothness & finesse with graceful, silky tannins. Ideal food pairing for roasted red meats. (12)</p>	<p>Georges Duboeuf, la cuvee 6.50 / 26.00 France The nose displays beautiful white floral aromas with hints of citrus. The wine is fruity and shows fresh notes of anise. The finish is very pure with a nice minerality (12)</p>
<p>Kelly's Gang, Shiraz 6.50 / 26.00 Australia The nose displays sweet plums, cassis, chocolate & spice. The palate delivers ripe berry along with a touch of pepper & spice (12)</p>	<p>Coorong, Chardonnay 6.80 / 27.50 Australia Pale golden in colour, enticing aroma of inviting peach and citrus aromas fill the nose. The grapes are picked at optimum ripeness to give a rich rounded flavour of tropical fruit but balanced out by a crisp clean finish. (12)</p>
<p>Zaglia Montepulciano 6.80 / 27.00 Italy Dry and medium bodied. Young wine full of juicy blackberry and cherry flavours, with soft tannins, and a touch of spice. (12)</p>	<p>Baron de Montgaillard, Sauvignon Rousanne 7.50 / 30.00 France A strikingly well-balanced wine featuring the yellow apple, mango, and white flower notes of a top-quality Côtes-du-Rhône Blanc, with the zip and flinty crispness of a good Sancerre. It's made from 50-50 blend of Rousanne, the classic white grape of the southern Rhône, and Sauvignon Blanc from the Loire. Great with seafood or pasta or to enjoy on its own. (12)</p>
<p>Estacion, Cabernet Sauvignon 7.20 / 29.00 Chile Ruby in colour with an intense aroma of blackcurrants and a delicate hint of black pepper. The palate is rich with tannins. Balanced, full-bodied with ripe fruits and long finish. (12)</p>	<p>Simboli, Pinot Grigio 7.80 / 31.00 Italy Scents of flowers and spice, it also features almond, pear and tangerine fruits. Light to medium-bodied, softly textured and nicely balanced with a crisp citrus finish. Pairs well with fowl, seafood, and salads. (12)</p>
<p>Snare Point, Pinot Noir 30.00 New Zealand A fruit-driven Pinot Noir, with subtle spicy oak characters. Aromatic red berries dominate the nose while the palate reveals essences of cherries & plums with a hint of chocolate raisins (12)</p>	<p>3 Woolly Sheep, Sauvignon Blanc 8.50 / 34.00 Marlborough, New Zealand A lifted nose showing aromas of gooseberry, grapefruit, and passionfruit with refreshing underlying herbal notes. Crisp dry fruit flavours. Matches with seafood, chicken, or fresh salad. (12)</p>
<p>Viento Sur, Malbec 7.50 / 30.00 Argentina Deep & intense purple colour. Aromas of black fruit. On the palate plums & blackberries with a delicate finish. Medium bodied. (12)</p>	<p>La Fontana Albarino 34.00 Spain Bright yellow with golden -green iridescence. Aromas of tropical fruit, green apple, banana and kiwi palate. Smooth and pleasant acidity with ripe fruit flavours dominated by peach. (12)</p>
<p>Conde Valdemar Rioja 8.80 / 35.00 Spain Intense aromas of ripe fruit, well integrated with attractive spicy nuances from the oak. Full of flavour, with excellent balance and a long finish. Its medium body suits grilled red meat. (12)</p>	<p>Vermentino IGT Toscana 36.00 Italy This wine on the nose is fresh and floral, with hints of minerality. On the palate it is fresh, intense, and full of character. The high acidity gives freshness and persistence and it makes it perfect as an aperitif in a summer evening. Great enjoyed on its own or perfect with seafood. (12)</p>
<p>San Silvestro Barbera 36.00 Italy Rich wine with hints of ripe fruits. Velvety tannins and persistent taste. Pairs with grilled meat, lamb and cheese. (12)</p>	<p>Rosé</p>
<p>Rio Alba, Valpolicella 36.00 Italy Ruby red colour. Soft subtle cherry and blackberry fruit flavours. Medium bodied with light tannins and blended from Corvina, Corvinone, and Ronclinella. (12)</p>	<p>Rioja Bardon Rose 7.50 / 30.00 Spain The nose shows delightful red berry flavours mixed with citrus acidity. It is fresh, tasty with good length. It is rich and fruity on the finish. Great with Salmon. (12)</p>
<p>Chateau Fluer Picon, Saint Emilion Grand Cru 45.00 France On the nose there is lots of fruit. Minerality and a hint of spice on the palate. This is rich, elegant, with medium tannins and great freshness. Blend of Merlot, Cabernet Sauv & Cabernet Franc. A classic with beef, lamb, and steak. (12)</p>	

All our wines contain allergen 12 (Sulphur Dioxide)

List of Allergens



All 14 allergens are openly used throughout the kitchen.

Trace amounts may be present in all dishes. The beef on our menu is Irish.

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*

