

LUNCH MENU

STARTERS

SOUP OF THE DAY (ALLERGEN 7,9) 5.95
with Guinness Bread or Ciabatta Roll (1)

SEAFOOD CHOWDER (1,2,4,7,9,14) 8.95
with Guinness Bread or Ciabatta Roll (1)

FRANK'S CHICKEN WINGS (3,7,9,10) 8.95/13.95
starter / main
with celery sticks, blue cheese dip

COD GOUJONS (1,3,4,9,10) 8.50
with tartar dip

SALADS

CLASSIC CAESAR SALAD (1,3,10) 7.95 / 10.95
starter / main
Add Smoked Chicken and Bacon +3.00 +4.00

SMOKED SALMON SALAD (3,4,10) 10.50 / 14.50
with capers, artisan bakery Guinness bread (1)
starter / main

SUPERFOOD SALAD (1,4,7,8) 11.55
rocket, baby spinach, cos, chickpeas, glazed pear, sun-dried
cherry tomato, roasted pine nuts, olives, Moroccan lentils,
avocado, dried cranberry, sweet potato, pesto dressing
Add Feta Cheese (7) 3.00
Add Smoked Chicken 3.00
Add Tuna Flakes (4) 4.00
Add Smoked Salmon (4) 3.00

GREEK (7,12) 8.50 / 11.50
Cucumber, capers, red onion, feta cheese,
Oregano, tomato, olives, olive oil

OMELETTES

CLASSIC HAMPTON OMELETTE (1,3,7) 10.95
with ham, cheddar cheese served with fries

VEGETARIAN OMELETTE (1,3,7) 10.50
With mushrooms, onions, fries

CONTINENTAL OMELETTE (1,3,6,7) 10.95
with chorizo, spinach, parmesan served with fries

PEPPER & BROCCOLI OMELETTE (1,3,7) 10.95
with peppers, onions, and broccoli, fries

SMOKED SALMON OMELETTE (1,3,7) 10.95
with Irish smoked salmon and onion, fries

For Omelettes, Sandwiches and Wraps, you can
substitute fries for small soup or mixed leaf salad

SANDWICHES

BLT (1,3,10) 10.95
bacon, lettuce, tomato, mayo, fries

CLUB SANDWICH (1,3,10) 11.95
triple-decker chicken, bacon, lettuce, tomato, mayo, fries

PLOUGHMAN'S SANDWICH (1,3,12) 11.95
cheddar, ham, tomato, red onion, lettuce, sweet pickle, fries

BREAKFAST BAP (1,3, 6,12) 11.95
Clonakilty sausage, bacon, white pudding,
egg, Ballymaloe relish, on a brioche bap

WRAPS

CAJUN CHICKEN WRAP (1) 9.95

CHICKEN CAESAR WRAP (1,3,10) 9.95

HAM & BRIE (1,7,10) 9.95

TUNA MELT (1,3,4,7) 9.95

PRAWN COCKTAIL WRAP (1,2,3,4,6,10) 11.95

MAINS

STEAK SANDWICH (1,3,9,10,12) 16.95
Strips of beef fillet, ciabatta, red onion jam,
rocket salad, wholegrain mustard dressing, fries

HAMPTON BURGER (1,3,7,10) 15.50
10oz beef or grilled chicken, with bacon, cheese, onions,
tomato, lettuce, country relish, stealth fries, artisan bap

CHICKEN STIR FRY (1,4,5,6,9,11) 14.95
spicy chicken fillet, peppers, onions,
fresh chilli, served with rice
(also available vegetarian)

FISH AND CHIPS (1,4,10) 15.95
fillet of cod in beer batter, mushy peas, tartar, stealth fries

LINGUINE PASTA (1,3,7,9) 11.95
in a light tomato sauce, with parmesan

Add Asparagus 2.00

Add Chicken 4.00

SIDES

SWEET POTATO FRIES 4.00

ONION RINGS 3.50

MIXED LEAF SALAD 4.00

STEALTH FRIES 4.00

GUINNESS BREAD 1.50

AIOLI/ RELISH/ PESTO 0.50

FRUIT SCONE 2.50

All 14 allergens are openly used throughout the kitchen. Trace amounts may be present in all dishes.

*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. (Our meat is Irish and all dishes on menu are freshly prepared to order.)*